

The physical benefits of exercise are so great, that the social and emotional benefits are often overlooked by people. During this pandemic use physical activity as a stress reducer/mood booster. Try to get outside each day to get fresh air and sunlight while being active with your child. Exercise is always more fun when you are able to do it with someone you love. Family walks, bike rides, playing catch, and good old fashion games like Mother May I, and Red Light, Green Light, are great ways to get moving and spend quality time with each other. With that being said, working from home and spring weather in Chicago do not always align with plans, so the resources below are online options for your child to stay active. Please reach out to me if you need anything at all. Wishing you good health, Mrs. Hamilton

Online Physical Activity Opportunities	Links
<p><b>EduMotion</b> Engages children in movement, culture and social emotional learning. User name: <a href="mailto:newfield1726@edumotion.com">newfield1726@edumotion.com</a> Password: <b>learn@home1606</b></p>	<p><a href="https://www.seljourneys-at-home.com/teachers/journeys">https://www.seljourneys-at-home.com/teachers/journeys</a></p>
<p><b>GoNoodle</b> This website gets kids up and moving to fun, engaging content and games. Every dance party, yoga session, mindfulness activity, and game session is a chance for kids to wake up their bodies, engage their minds, and be their best.</p>	<p><a href="https://family.gonoodle.com/">https://family.gonoodle.com/</a></p>
<p><b>Chicago Run</b> A wonderful organization that helps New Field students become active outside of physical education and recess. To access their fitness videos and activities move your cursor over the heading "Fit Kit." Underneath that heading there are 2 links for "Fitness Videos" and "Family Fit Kit."</p>	<p><a href="http://www.chicagorun.org">http://www.chicagorun.org</a></p>

<p><b>SHAPE</b> Each month the Society of Health and Physical Educators (SHAPE) publishes a physical activity calendar for daily use at home. Each day's activity is quick to complete. If you are looking for more ideas please explore the archives from previous months.</p>	<p><a href="https://www.shapeamerica.org/publications/resources/teaching-tools/teachertoolbox/activity-calendars.aspx">https://www.shapeamerica.org/publications/resources/teaching-tools/teachertoolbox/activity-calendars.aspx</a></p>
<p><b>Cosmic Kids Yoga</b> These videos combine yoga skills and mindfulness to take your child on adventures with their favorite characters in their favorite stories. Frozen, Moana, Pokemon, Trolls, and Star Wars are just a few of them!</p>	<p><a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a></p>
<p><b>Super Stretch Yoga</b> Simple yoga poses for children to try and how the poses help their bodies.</p>	<p>Free app on your phone</p>