

# HEALTH & WELLNESS

Coach Russo: [mrusso@dwcaonline.org](mailto:mrusso@dwcaonline.org)

April 2023



IT IS VERY IMPORTANT TO TAKE CARE OF THE EARTH AND BECOME ONE WITH OUR PLANET. BELOW ARE SEVERAL DIFFERENT LINKS AND VIDEOS WHERE WE CAN PRACTICE BEING PHYSICALLY ACTIVE WITH YOGA, SONG AND EXERCISE. THIS WILL ALLOW US TO BE ONE WITH OUR BODIES AND THE ENVIRONMENT.

- **Yoga -Grades: Nursery, PreK, Kindergarten:**  
<https://youtu.be/8dMk6UZGXVM>
- **Yoga- Grades: 1st, 2nd, 3rd, 4th:**  
<https://youtu.be/FMQ4uFy7J7Y>
- **Yoga- Grades: 5th, 6th, 7th, 8th:**  
<https://youtu.be/FQ74ZykbFFE>
- **Earth Day Songs and Dances:**
- **Save the Planet Song and Dance:**  
<https://youtu.be/IJTof8D9bdU>
- **Jack Hartmann Recycle Song:**  
<https://youtu.be/DyhbovE5lrk>
- **Earth Day Fitness Fun Exercises for Kids:**  
<https://www.youtube.com/watch?v=UtjEJ2KemHA>

## THINK ABOUT IT!

Sometimes you might worry about things. They might be big things or small things. It can make you feel anxious and scared. Next time you are worried, question your thoughts.

Write down what you think WILL happen. Then step back and think about whether this is true. What MIGHT actually happen, write that down. Then come back later and write down what actually happened.

Quite often our worries are just that— thoughts that don't come true. Use the sheet attached to try out this activity and then read them all from time to time to reassure yourself.

Click the cloud below for the attached activity worksheet.



## Quote of the Month

**"It is health that is real wealth and not pieces of gold and silver." — Mahatma Gandhi**

Active  
April  
Calendar

