

Healthy Habits Log
Wheeler Elementary School (WE)

Aloha WE Students and Families,

I hope all of you are well and are continuing to do your best to be safe and stay healthy. I truly miss seeing and working together with all of you.

Attached is a "Super 7 (Healthy Habits)" weekly log sheet that can be printed and used at home. Each day, students can use the log sheet to record the healthy habits they practice in 7 areas that address overall wellness.

(FYI - Log sheets will not be collected and will not be graded.)

It is with great hope that by referring to, actively participating in, and filling in the log daily, students will become more cognizant of healthy habits, begin to understand the importance and value of practicing healthy habits, and perhaps make some choices toward a more physically, mentally, socially and emotionally healthier lifestyle.

Also, below is an expanded list of additional on-line websites that may help with ideas for physical activities and general health and well-being.

Please continue to Stay Healthy, Help Each Other, and Keep Positive!
Take Care and Hang in There!

Mahalo and Aloha! Mr. K (Mr. Kobayashi - PE Teacher)

Online Resources for Physical Activity and Health/Wellness

- GoNoodle - GoNoodle for Families
- PE Central
- OPEN (Online Physical Education Network) - Active Home Module
- Dynamic PE ASAP - In-Home Lesson Plans
- #HPE at HOME - Games
- Action for Healthy Kids - Game On Activity Library
- Active Schools - Active At Home Resources
- American Heart Association (AHA) - Healthy Living/Fitness
- Aspen Institute: Project Play
- Fitbound - Exercise On Demand
- Gopher - Active At Home Skill Development Activity Cards
- Les Mills - Born To Move
- Playworks - Play At Home Playbook, Game Guide
- Teachphysed - Active At Home
- Yoga Ed. Free Online Yoga Classes
- Cosmic Kids Yoga - YouTube