



The Daily Big 3 Version 2

This is a great time while we are out of school for you to start practicing taking care of your overall wellness on your own. But don't worry, we're here to guide you! The Daily Big 3 are three things you can do while you're out of school to take care of your physical and mental wellness. Fill in the date for each day and check off items as you complete them.

- Each day you will work on a skill that helps with mental or emotional wellness.

Why are we doing this? As humans, we are going to feel a variety of emotions and feelings every day throughout our lives. Practicing skills to help manage them is very important and can be difficult. A lot of times our decisions can be related to our emotions. The better we get at managing and recognizing our emotions, the better we will get at making healthier decisions.

- You will also complete some kind of physical activity.

Why are we doing this? Being physically active on a regular basis is a healthy habit, not just for our physical health, but it helps with our mental and emotional health, too. Physical activity helps to improve our mood, and by using up energy we have more restful sleep. If we practice making physical activity a part of our day now, it will be easier to do when we are busier adults.

- After you complete the activities you will reflect on them.

Why are we doing this? Figuring out why we do what we do is important so that we can create healthy habits. If we take moments to pause and reflect, we can figure out why we like something (or don't), or why we may have done something. We can also figure out ways to improve going forward, and sometimes it's even a really good way to vent! It's healthy to learn about ourselves and be able to do things that are meaningful to us as individuals.

Click on the links below to take you to that day's Daily Big 3.

The Daily Big 3	<input checked="" type="checkbox"/> when complete
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

Day 1 (Date: _____)

 H.A.L.T.E.D.

H.A.L.T.E.D. stands for Hungry, Angry, Lonely, Tired, Embarrassed and Disappointed. Sometimes when we are feeling moody or “some kind of way” there can be an underlying feeling that is behind the reason. If we are feeling one of these basic emotions it can cause us to potentially make unhealthy choices.

All feelings are healthy (even feelings that can seem negative like anger), and being able to identify our feelings is helpful so we can then do something healthy to feel better. Part of being mindful is embracing all our feelings.

Today pick one of the emotions in H.A.L.T.E.D. and come up with a strategy you can use.

- What emotion did you pick? _____
- Describe the strategy you can use when you’re feeling the emotion you picked above.

 Dance: African Dance

Dancing is a fun way to get some physical activity in throughout the day. The great part about dancing is there is no right or wrong way! You can move however you like to the music.

Today try the [Five\(ish\) Minute African Dance Lesson](#).

What did you think? Choose all that apply.

- This was fun!
- Not for me.
- I would do this again.
- It was challenging.

 Reflect on the day.

On a separate piece of paper or document answer the following questions.

- Describe a time where you may not have been your normal self. When reflecting on the scenario was it because you were hungry, angry, lonely, tired, embarrassed or disappointed? Explain your answer.
- Explain why you selected your answer for the African Dance response above.

Day 2 (Date: _____)

Try Better Breathing.

Better Breathing is learning to take a deep breath so that it goes way into your stomach. This kind of breathing can help us calm down and feel better. It's a great strategy to use when you might be feeling overwhelmed, nervous or even angry. The reason it works so well is because when you breathe in deeply you are using your diaphragm, the muscle in your abdomen that pulls down on your lungs to draw in air. When your diaphragm works it triggers a nerve that sends a signal to your brain to relax.

How to do Better Breathing:

- Take a deep breath in — so deep you're forcing your stomach outward. (This might feel a little weird at first because we aren't used to breathing this way.)
- Breathe in on a count of 4 slowly and deeply.
- Breathe out to a count of 4 slowly and quietly.
- Repeat for at least 30 seconds.

Better Breathing takes practice, just like the Mindful Minute, so don't feel bad if you find it difficult or feel like it doesn't work at first. The great thing about Better Breathing is it can be done anywhere and at any time.

Today try some Better Breathing. It can be before bed to help you relax, after a walk or in between schoolwork.

When will you practice Better Breathing today? _____

Dance: Cupid Fitness Capacity Shuffle

The Cupid Shuffle is a fun and popular social dance. This version changes the steps a bit to make your heartrate go up. Try it out a few times and feel free to add in your own moves or change the moves to make it your own!

Try the [Cupid Fitness Capacity Shuffle](#).

What did you think? Choose all that apply.

- This was fun!
- Not for me.
- I would do this again.
- It was challenging.

Reflect on the day.

On a separate piece of paper or document answer the following questions.

- What did you think about Better Breathing? Do you feel this is something that would be useful for you when you might feel a strong emotion like anger or anxiety? Explain.
- How did you feel during and after the Cupid Fitness Capacity Cupid Shuffle? Explain your selections for "What did you think?" above.

Day 3 (Date: _____)

 Understanding your emotions.

When we practice things like a Mindful Minute, progressive muscle relaxation, listening to music, H.A.L.T.E.D., or Better Breathing we are learning healthy strategies to cope with our emotions. Emotions and feelings come in a variety of intensities and all emotions are healthy. *How* we choose to deal with them is where the practice comes in. The more we learn to pause and identify our feelings, we can learn to better handle them, and we learn more about ourselves.

For example, think of something you own that you really love; maybe it's a favorite shirt or game or something that holds deep meaning to you. Now imagine if a sibling or friend took it without permission and lost, broke or ruined it. Most people might feel really angry, disappointed or sad. All of these feelings are okay and justified! BUT it would not be okay to hit that person or even take something of theirs and ruin it to get even.

What are healthy ways to respond in this situation? Check all that apply.

- Go for a walk to calm down.
- Practice some Better Breathing.
- Write about your feelings in a journal.
- Pretend to act like you're not upset.
- Talk to someone about why you are upset.

All the responses except "Pretend to act like you're not upset." are great ways to cope with strong emotions. We never want to keep our feelings inside or bottled up because it can eventually backfire.

Today read this article about [understanding your emotions](#).

 Walk outside.

Walking is an easy way to get some physical activity in and it can be used as tool to help us feel better. If you're able to, go for a walk outside today. Aim to walk for at least 30 minutes. Try varying your speed and path. You can even use this time to call a friend to catch up, listen to music or just notice what is around you. If you can't go out for a walk try this [indoor walking video](#).

What did you think? Choose all that apply.

- This was fun!
- I think I could improve.
- I think I did a good job.
- It was challenging.

 Reflect on the day.

On a separate piece of paper or document answer the following questions.

- Think of the example in the "Understanding your emotions" section. How do you think you would have reacted?
- What feelings did you feel during your walk/video today? Did you do anything to make your walk/video more interesting? If so, explain what you did.

Day 4 (Date: _____)

 H.A.L.T.E.D. revisited

Diamond got to school and forgot she had a test in one of her classes. During lunch, some of her friends came up to her and showed her a funny meme they found on social media, but she didn't want to be bothered. Diamond wasn't sure why she didn't want to see the meme because her and her friends always share memes that make them laugh. Use the H.A.L.T.E.D. acronym to figure out what Diamond might be feeling. What can Diamond do to feel better?

 Create your own workout.

Create your own workout using the [Physical Activity Chart](#) for exercise ideas. Once you've created it, do it!

What did you think? Choose all that apply.

- This was fun!
- I think I could improve.
- I think I did a good job.
- It was challenging.

Bonus: Get at least one person in your house to complete it with you!

 Reflect on the day.

On a separate piece of paper or document answer the following questions.

- Now that most of the country is practicing social distancing, many people are getting lonely – especially not being able to see friends and teachers at school. What are some things you can do when you might be feeling lonely?
- What's your favorite kind of physical activity? Why is it your favorite?
- How do you feel after you are done being physically active?

Day 5 (Date: _____) **Your choice of mindfulness activity.**

Pick from one of the following to do.

- Mindful Minute
- Progressive muscle relaxation
- Listen to the playlist you created or some mindfulness music
- Better Breathing

 Dance: Latin Dance Fitness Routine

Dancing is a fun way to get some physical activity in throughout the day. The great part about dancing is there is no right or wrong way! You can move however you like to music and that's considered dancing.

Today try the [20 Minute Zumba Workout](#). If you can't do the moves, that's okay! Focus on moving however you can to the music and join back in when you can.

What did you think? Choose all that apply.

- This was fun!
- Not for me.
- I would do this again.
- It was challenging.

 Reflect on the day.

On a separate piece of paper or document answer the following questions.

- What was your favorite dance routine? Do you like dance as a form of physical activity? Explain your answer.
- Now that the week is over, how are you feeling? What was the best part of your week? What was something that could have been better?