



# Be kind to yourself and do 10 one-minute exercises.

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## Get Inspired

### Quote

"Be kinder to yourself. And then let your kindness flood the world."

*Pema Chodron*

### Fact

Exercise makes you happier, increases your energy and keeps you healthy!



## Shake It Up

5, 4, 3, 2, 1 Exercise!

"The good in me sees the good in you!"



## Talk It Out

1. What are your favorite activities to do outside?
2. How do you feel after you do those favorite activities outside?
3. How is exercise a kind act to yourself?



## Do It!

1. Jog in place for 1 minute
2. Do squats for 1 minute
3. Jumping jacks for 1 minute
4. Push-ups for 1 minute
5. Sit-ups for 1 minute
6. Squat jumps for 1 minute
7. Bicycle for 1 minute
8. Leg lifts for 1 minute
9. Tree pose on right leg for 1 minute
10. Tree pose on left leg for 1 minute

## Be kind to yourself and do 10 one-minute exercises.

### SEL Competencies

#### **Self-Awareness**

Identifying Emotions

#### **Self-Management**

Stress Management

#### **Social Awareness**

Respect for Others

### Timeframe

15 – 30 min

### Materials Required

A timer or stop watch



### Get Inspired

#### Quote

Invite a student to read the quote.

#### Fact

Exercise makes you happier, increases your energy and keeps you healthy! [Source](#): Healthline



### Shake It Up

Get your students moving. Invite them to do the following activity:

#### 5, 4, 3, 2, 1 Exercise!

Ask your students to please stand. Call out 5 actions for your students to do as quickly as they can.

5 jumping jacks

4 push-ups

3 sit-ups

2 squat jumps

1 tree pose

When they are done, invite them to put their hands to their heart and say, "The good in me sees the good in you!"



### Talk It Out

Encourage your students to reflect on the provided questions.

1. What are your favorite activities to do outside?
2. How do you feel after you do those favorite activities?
3. How is exercise a kind act to yourself?



### Do It! (as a class)

Have your students stand up again. Tell them they will complete 10 one-minute exercises. Call out each of the below activities and set your timer or stop watch for one minute each time. If possible, do the exercises with your students. Optionally, put on some upbeat music for extra motivation. Enjoy!

1. Jog in place for 1 minute	6. Squat jumps for 1 minute
2. Do squats for 1 minute	7. Bicycle for 1 minute
3. Jumping jacks for 1 minute	8. Leg lifts for 1 minute
4. Push-ups for 1 minute	9. Tree pose on right leg for 1 minute
5. Sit-ups for 1 minute	10. Tree pose on left leg for 1 minute