



Activity Sheet

Physical and Mental Wellbeing

Calgary AfterSchool is invested in the future of every young person. We offer fun, safe, free or low-cost after school programs for a diverse group of children and youth. We have hundreds of programs that focus on sports, arts, healthy living and leadership development. Please enjoy these activities that will help keep your mind and body active!

Emotional Charades

Supplies:

- paper
- pen or pencil
- bowl

Make cards by writing the following emotions on a piece of paper and cutting them out:

- happy
- sad
- angry
- frustrated
- hurt
- devastated
- confident
- scared
- ashamed
- jealous
- proud
- irritated
- lonely
- heart-broken
- brave
- calm
- playful
- caring
- negative
- positive

Put the emotions in a cup or bowl for your child to pick from. Take turns picking emotion cards, and silently act out the emotion you choose. When the emotion is guessed, switch actors. You can also add a timer or play in teams if you have a big family.



Individual Jump Rope Challenge

Directions

- Jogging step for 30 seconds
- Rest for 30 Seconds
- Single bounce for 60 seconds
- Rest for 30 Seconds
- Double bounce for 45 seconds
- Rest for 30 seconds
- Feet Jack (feet together feet apart) 30 seconds
- Rest for 30 Seconds
- Skier for 45 seconds

Pair or Group Jump Rope Challenge

Supplies:

Long elastic cord or rope tied into a loop (even elastic bands tied together)

Directions

Two players stand within opposite ends of the rope facing each other. Start with the rope around the ankles.

Legs should be spread about shoulder width apart so the rope is kept off the ground at ankle height. The rope should form a long slim rectangle.

Common jumping moves:

- **Out** - jump so both feet land outside the rope
- **In** - jump so both feet land inside the rope
- **Side** - jump so one foot land inside and one foot lands outside
- **On** - jump so both feet land on top of the rope.

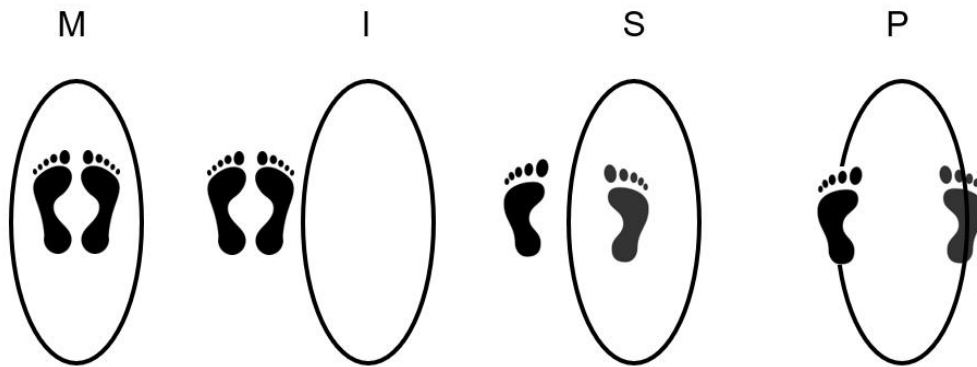
The MISSIPPI song and moves:

- **M** is in - feet inside the rope
- **I** is out - feet outside the rope
- **S** is side one foot inside, the other foot outside
- **P** is on - feet land on the rope

To play sing **M-I-S-S-I-S-S-I-P-P-I** while the jumper makes the correct moves for each letter.

When the jumper has successfully completed those moves, the rope is moved to the calves, then knees, and higher until they miss.

When a person misses, they switch places with one of the people holding the rope.



For more games and activities visit Calgary.ca/athome

For additional information regarding Calgary Afterschool visit
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