



The Daily Big 3

This is a great time while out of school to start taking care of your overall wellness. But don't worry, I'm 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 physical activity.

Why are we doing this? Being physically active regularly is a healthy habit, not just for our physical health, but it helps with our mental and emotional health, too. When we are physically active, we can improve our mood immediately and we are using up energy which can help us 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 adults and are busier.

- 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), why we may have done something, 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	

The Daily Big 3

Day 1 (Date: _____)

- Start and end your day with a Mindful Minute.**

A Mindful Minute is 60 seconds of quietness in the present moment. Don't think of anything that has already happened or anything that will happen in the future. If your mind starts to wander, focus on your breathing. A Mindful Minute is a great tool to use any time of day especially if you feel overwhelmed, anxious, mad or just need to focus.

- Start of the day Mindful Minute
- End of the day Mindful Minute

- Try a Tabata workout.**

Today try a Tabata workout. A Tabata workout is one that consists of 20 seconds of high-intensity activity, followed by 10 seconds of rest on-and-off for eight rounds. Here is a [Fortnite Tabata](#) to try out.

What did you think? Choose all that apply.

- This was fun!
- Not for me.
- I would do a Tabata workout again.
- It was challenging.

- Reflect on the day.**

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

- How did you feel before, during and after your Mindful Minutes? Things to consider in your answer are determining if you found it difficult to be in the present moment or why you were feeling a certain emotion.
- Do you feel a Mindful Minute is something you would do regularly? Why or why not.
- Explain why you selected your answer for the Tabata workout response above.

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Day 2 (Date: _____)

Try progressive muscle relaxation.

Progressive muscle relaxation is a way to relax your body by tightening your muscles then relaxing them. You lay down and start at your head, squeezing and relaxing different muscles in your face, and work all the way down to your toes. Like a Mindful Minute, this is a great tool to use if you feel overwhelmed, anxious, mad or just need to focus. Here's a [video](#) to help you.

Try a Would You Rather workout.

This is a fun way to get some physical activity in by choosing between two things (e.g., PlayStation or Xbox). Depending on what you pick is what exercise you complete. Here is a [Would You Rather workout](#) to try it out. Once you've completed it, do it again but picking the opposite choices.

What did you think? Choose all that apply.

- This was fun!
- Not for me.
- I would do a Would You Rather workout again.
- It was challenging.

Reflect on the day.

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

- Compare progressive muscle relaxation to a Mindful Minute. List out the pros and cons of each one. Which one did you like better? Which one do you see yourself using more often? Be sure to explain the reasons why or why not.
- How did you feel during and after the Would You Rather workout? Explain your selections for "What did you think?" above.

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Day 3 (Date: _____)

Your choice of mindfulness activity.

Pick from one of the following to do.

- Mindful Minute
- Progressive muscle relaxation

Create your own Tabata.

Create your own Tabata using the [Physical Activity Chart](#). Be sure to write it down so you don't forget. Once you've created it, do it! If you're up for a challenge complete your Tabata three times.

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: Share it with your classmates!

Reflect on the day.

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

- How are you feeling about being out of school because of the coronavirus? Be sure to explain why you are feeling a certain feeling.
- How can you use a Mindful Minute or Progressive muscle relaxation during this time?

The Daily Big 3

Day 4 (Date: _____)

- Listen to some mindfulness music and create a playlist.**

Have you ever listened to a song and it made you happy or triggered a memory? Music can affect our emotions and we tend to listen to music that reflects our mood. Music can also be a great strategy when we may be feeling down, anxious, overwhelmed or even mad.

Today, try listening to some mindfulness music; here's a [song](#) to listen to. Remember to be in the present moment, not thinking about what has already happened or what will happen. If your mind starts to wander focus on the music and how you're feeling. Once you're done, create a playlist of songs you like that make you happy, tend to uplift you or make you feel relaxed when you listen to them.

- Create your own Would You Rather workout.**

Create your own Would You Rather 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: Share it with your classmates!

- Reflect on the day.**

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

- What kind of music do you normally like to listen to? Do you like upbeat music? Do you like music that's slower? Or do you especially pay attention to the lyrics?
- Describe your experience listening to the mindfulness music. Did you feel relaxed? How did you feel after the song ended? Could this be a tool (listening to music) in the future? Why or why not.
- For fun, answer and explain your answers to the following Would You Rather questions:
 - Run at 100 mph OR Fly at 10 mph
 - Never use Instagram again OR Never use Netflix again

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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

Your choice of physical activity.

Pick from one of the following.

- [Tabata](#) – Or try one of your classmates' Tabata!
- [Would You Rather](#) – Or try one of your classmates' routines!
- Your choice: _____

Reflect on the day.

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

- What was your favorite mindfulness activity? Mindful Minute, progressive muscle relaxation or listening to music. Explain why.
- 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?