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PE

Relieve Stress your way!

Play a video game

Play a game outside

Play with slime for 10 minutes!



If you don't have some at home here is a super safe and quick recipe.

Try a Fitnessblender create your own workout



Do a quick experiment to learn the importance of handwashing.



[Review the PowerPoint](#)

Hilda Walker Physical Education

Stress Station Choice Board

April 6th – April 10th

Directions:

1. Complete at least 6 activities on this board.
2. You can do them any time during the week.
3. Once you are finished fill out the assessment form found at the red "click here" button:



Mr. Acevedo, Miss Crick,
Mrs. Mucha,
Mr. Radostits, & Mr. Chrusciel



Try a Fitnessblender Yoga workout

Try some Deep Breathing Techniques

[#1](#) [#2](#) [#3](#)



Make A Stress Ball



Play with Play Doh for 10 minutes.



If you don't have any at home here is a recipe.



Try a Fitnessblender Aerobic Workout

Relieve Stress your way!

Read a book

Listen to Music

Work on a Puzzle



Go for a family walk, jog or a ride around the block. Count the hearts and teddy bears!

