



APRIL 2023

FITNESS CHALLENGE:

The fitness challenge for the month of April is to practice at home for the Dimmick Dash. There are a variety of ways you can complete this challenge including; running around your house, alternating running and walking, running at a track, running on a treadmill, etc. The purpose of this challenge is for you to practice pacing yourself for the Dimmick Dash. Running is an excellent cardiovascular exercise that improves the strength of your most important muscle, your heart. When you are running, be sure to take deep breaths and run at a medium speed to save energy so you can complete the entire course. As always, please post a brief video or picture of you completing this challenge. Have fun and good luck.

Social Emotional Learning Update:

This month in our SEL classes we are learning about how to resist negative peer pressure. Being able to use an assertive voice to tell people “No” when they are trying to get us to do something inappropriate or disrespectful will be our main focus.

HEALTHY EATING CHALLENGE:

The new challenge for the month of April is asparagus. Students may eat asparagus by grilling it, roasting in the oven, steaming it or eating it raw.

Asparagus is highly nutritious and rich in Vitamins A, C and K. Research shows that it helps support the digestive system.

When the student has completed the challenge, a picture or a video must be added to the class Dojo story. Students in the K-4th grade will post on the K-4 Dojo page and the students in the 5-8th grade will post on the 5-8 Dojo grade. Upon completion of the challenge, students will receive 5 Dimmick Fit points in class Dojo.

SEL CHALLENGE:

Hello Dimmick Braves! We hope everyone had a wonderful spring break with some time to relax and recharge!

To us, spring is a time of renewal, growth, and change. We want you to do a little bit of this too with our spring activities chart! To complete this challenge, you will need to do one short SEL-related activity each day for one week (not including weekends, so a total of 5 days). If you can't do it 5 days in a row, that's okay! Just choose any 5 days left in April, complete the activity for each day, and answer the discussion question for that activity.

You can print the chart out to write the answers on, or write/type them on a separate sheet of paper. Upload a picture of your answers to class dojo, or turn in a hard copy, and you will receive 5 Dojo points! Happy Spring!

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Dimmick's Spring Break Activity Calendar (SEL April Challenge)

Spring Break	Mindfulness Monday	Try- It Tuesday	Wind it Down Wednesday	Thriving Thursday	Fun with Reading Friday
Introduction	Spring break is a great time to think about mindfulness. We can use many strategies to help us stay mindful.	We all have different interests or preferences. Sometimes it's fun to try something new. It can be helpful to try it with someone.	There are many strategies we can use to wind down when we have big feelings. For example, anger, frustration, or excitement.	To thrive means to grow and develop into successful and healthy people. There are many ways to help ourselves thrive such as eating healthy, exercising, and getting rest.	Reading before bed can be a great way to help you feel calm. Reading also helps us learn and explore new ideas. It can also be used as a coping skill when having strong feelings.
Activity	Make time for a mindful Monday. Practice belly breathing, positive self-talk, or other mindfulness exercises.	Do a "Try-It Tuesday" ask a friend or family member to try one of each of your favorite activities to do together.	Practice your favorite calming strategies like listening to music, writing, or drawing, deep breathing, thinking happy thoughts.	Spend some time helping yourself thrive by doing a form of exercise. You could go for a walk, play ball, dance around your living room, anything you enjoy to get your body moving.	Read at least one book by yourself or with a loved one. It can be any book of your choosing. It can be something new or one of your old favorites.
Discussion Questions	Which mindfulness strategy did you do?	What activity did you do together and with whom?	How did you feel after you practiced your calming strategy?	What exercise did you do? How did your brain and body feel before and after being active?	What did you read? What did you like about the book?

If you want to you can print this out or write your answers from the discussion questions on a separate piece of paper.