



## Aldersgate E-SAP Activity Corner: Support & Resources for School Staff, Students and their Parents



*Funded by the Montgomery County Office of Drug & Alcohol*



### Edition 2: Fun Activity for Kids

We are living through an unprecedented time, and we are all feeling stress and anxiety. **Aldersgate Youth Services Bureau** is committed to helping families manage these complex times. Located in Willow Grove, PA., Aldersgate offers counseling, behavioral health support, drug and alcohol prevention & intervention services, and school-based social

and emotional learning educational programming. Aldersgate also provides Elementary Student Assistance Programming (E-SAP) in elementary schools throughout Eastern Montgomery County. Each week, we will be helping families of elementary students work together to manage this crisis by offering fun and engaging activities and useful resources to build positive family communication and to increase engagement amongst family members, to help children recognize and name their emotions, and to identify appropriate coping strategies.

For our second installment of the E-SAP activity corner, we have included a fun activity for kids to stay active and moving while at home. Regular exercise helps relieve tension and release hormones to help kids (and adults!) feel calmer and happier. But it's difficult with no physical education class or organized sports right now. Instead, kids can spell out their whole name for a fun and simple workout. For an additional challenge, try adding your middle name or spelling out a family member's name! Or, if there are spelling or sight words your child needs to practice, have them spell those out as well!

*Spell Your Name Workout courtesy of 730SageStreet.com*

# Fit activity for kids what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- |   |  |
|---|--|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels                              | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults                             | <b>Z</b> do 10 push-ups  |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

Other health and wellness resources:

Nutrition:

<https://www.catch.org/pages/health-at-home>

<https://www.actionforhealthykids.org/nutrition-toolkit/>

Exercise:

<https://www.gonoodle.com/>

<https://www.playworks.org/news/playathome-with-playworks/>

<https://vkool.com/exercises-for-kids/>

Mindfulness

<https://www.actionforhealthykids.org/activity/mindfulness-journaling-breathing-and-more/>

<https://www.youtube.com/watch?v=Wsy2L9VvX90>

Also remember to check out Aldersgate's Mindfulness and Movement Lesson on You Tube Link below:



## Aldersgate Welcomes Your Thoughts & Feedback

Survey

## We Create Success Stories



If you are in need of support, Aldersgate Youth Services can be accessed by calling 215-657-4545 or @ [info@aldersgateservices.org](mailto:info@aldersgateservices.org). If you are concerned about your child's level of stress or anxiety, it is important to seek help. You may want to contact your child's physician. If your child's anxiety is school-related, reach out to your school's counselor, social worker, or SAP team. If your child is experiencing a mental health emergency, please visit your nearest emergency room or call 911. Montgomery County Mobile Crisis can be reached at 1-855-634-4673.

Contact us for more resources:  
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