CATHOLIC FIT™

3rd Grade Version
Grade School Program
Student & Family Worksheet

Name: _____

Parent Initial: _____

WEEK 4: I AM HOW I REST

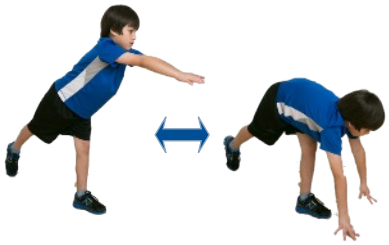
Parents & guardians, please review the lessons with your student(s), and also try the exercises, though stop if you feel pain.

EXERCISE OF THE WEEK:
TOE TOUCHES & PICKING THINGS UP

Great for balance, athleticism, and strength, these moves are part of the Hip Hinge/Deadlift "everyday strength" moves.

Practice floor touches for 60 sec. Touch your back toe to the floor for help with your balance.

Single Leg Floor Touch



Toe Touch



(A) 2 Leg Kettlebell Pick Up/Deadlift; (B) 1 Leg Dumbbell Deadlift; (C) 1 Leg Floor Touch with back toe down for balance



(A) (B) (C)

**For more instruction and the advanced Cathletic version of these exercises, download the app today to access all videos.*

REFLECTION QUESTIONS & GOALS
WHEN DID YOU GET TO SLEEP LAST NIGHT?

Time: __:____ am / pm

Try to get in bed before 9 pm. You sleep better when you calm your brain down before going to sleep.

Circle all of the things you can do to quiet your brain before sleeping:

Play Video Games

Read a Book

Be on your Phone and Social Media

Say the Rosary for someone you love

Watch TV

Stretch & Practice CatholicFIT Exercises



THIRD PRINCIPLE
SLEEP & REST

Your body gets healthier and stronger when you are sleeping. Your brain remembers things you have learned better, muscles heal and grow, and your body fights off sickness, all while sleeping.

If you are not getting enough sleep, guess what might happen some day?

You might not be able to remember stuff you learned, you might make poor decisions, you may crave too much sugar, you may not be as creative, and you may really want to try things like caffeine or nicotine.

Thank God for Sundays!

Just as God "rested on the seventh day from all His work ...," we have Sundays to help us enjoy time with our famiiles and friends or to just be by ourselves. (CCC #2184)

Sunday is a time for unplugging from technology and relaxing our busy minds which helps us grow as Christians. (CCC #2186)

Available on the App Store

/catholicfit

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Learn more at CatholicFIT.com

CATHOLIC FIT™

6th Grade Version
Grade School Program
Student & Family Worksheet

Name: _____

Parent Initial: _____

WEEK 4: I AM HOW I REST

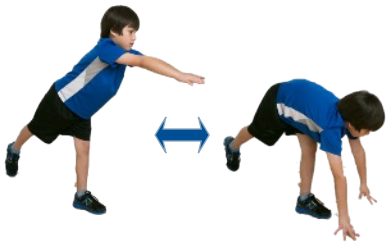
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REFLECTION QUESTIONS & GOALS
WHEN DID YOU GET TO SLEEP LAST NIGHT?

Time: __:____ am / pm

Try to get in bed before 9:30 pm AND wind down <u>without</u> electronics at least 1 hour before bed time to help you sleep better. Try for about 9 hours of sleep at night.

What can you do to wind down before going to bed?

_____



THIRD PRINCIPLE
SLEEP & REST

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Sunday is a time for unplugging from technology; to spend time in reflection, meditation, silence, and relaxing our busy mind which helps us grow as Christians. (#2186)

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