

We miss you here at school but take this opportunity to

GO OUTSIDE AND PLAY!!!!!!

Remember

60 min of physical activity & 2 hours or less of screen time!

Inside activities.....

Fitness:

<https://www.youtube.com/watch?feature=youtu.be&v=1HuFAkhPeKQ&app=desktop>

Dance:

Hokey Pokey

<https://family.gonoodle.com/activities/hokey-pokey>

Trolls September Dance

<https://www.youtube.com/watch?v=IU6ZXI6YgI0>

Pop See Ko

<https://family.gonoodle.com/activities/pop-see-ko>

NO INTERNET?????...here are some ideas:

- How many times can you keep a balloon in the air?
- Roll up a clean sock and pass it back and forth with a family member?
- Play Rock Paper Scissors (full body version)
- Crabwalk around the house
- Make a healthy snack😊
- Challenge someone to a plank challenge