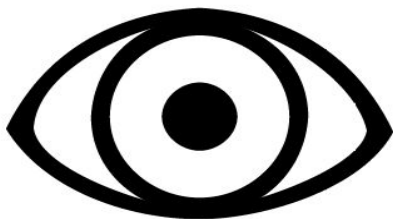


MINDFULNESS MONDAY	TOGETHER TUESDAY	WORK-IT WEDNESDAY	PLAY THURSDAY	FAMILY FRIDAY
<p>MARCH 23.. TAKE A LISTENING NATURE WALK FOR 20 MINS.</p> <p>WHAT DO YOU HEAR?</p>	<p>MARCH 24.. PICK OUT A FOOD ITEM IN THE PANTRY. DO THE # OF EXERCISES WITH THE # OF GRAMS IN EACH.</p> <p>SUGARS= PUSH UPS CARBS= JUMPING JACKS SERVINGS= CURL-UPS PROTEIN= FRANKENSTEINS</p>	<p>MARCH 25.</p> <p>10- FRANKENSTEINS 10- SHOULDER TAPS 10- STARFISH 10- JUMPING JAX 10- SQUATS HOW MANY TIMES CAN YOU DO IT? REST BETWEEN ROUNDS</p>	<p>MARCH 26. PLAY TOSS AND CATCH WITH A SIBLING, PARENT, FIEND OR NEIGHBOR.</p> <p>SEE HOW MANY TIMES YOU CAN DO IT WITHOUT DROPPING!</p>	<p>MARCH 27.. ROCK PAPER SCISSORS IF YOU...</p> <p>WIN= HOP ON ONE FOOT 3 TIMES TIE= 10 PARTNER LINE JUMPS LOSE= 2 PUSH-UPS</p> <p>PLAY 20 ROUNDS WITH FAMILY MEMBERS OR FRIENDS</p>
<p>MARCH 30.. BALANCE SOMETHING ON YOUR HEAD WHILE SAYING 10 POSITIVE THINGS ABOUT YOURSELF.</p> <p>COULD YOU DO IT? TRY AGAIN WITH SOMETHING MORE DIFFICULT.</p>	<p>MARCH 31.. SET THE MENU!!</p> <p>HELP PLAN DINNER WITH THE 5 DIFFERENT FOOD GROUPS.</p> <p>-GRAINS -VEGGIES -FRUITS -PROTEIN -DAIRY</p> <p>*BE SURE TO DRINK WATER!</p>	<p>APRIL 1. DANCE FOR 30 MINUTES TO 30 MINUTES TO KIDS-BOP VIDEOS OR JUST DANCE.</p> <p>IF YOU CAN'T ACCESS YOUTUBE, DANCE TO THE RADIO</p>	<p>APRIL 2. KICK/THROW BOWLING</p> <p>FIND A BOTTLE, CAN, OR EVEN A BARBIE DOLL WILL WORK AND STAND IT UP BETWEEN YOU AND YOUR OPPONENT. KICK OR THROW A BALL TOWARDS YOUR TARGET. HOW MANY TIMES CAN YOU KNOCK IT DOWN? *BALLED UP SOCKS WORK IF YOU DO NOT HAVE A BALL!*</p>	<p>APRIL 3. WHAT'S YOUR NAME?</p> <p>CHECK OUT THE ATTACHED FORM FOR INSTRUCTIONS.</p>
<p>APRIL 6. DO A COSMIC KIDS YOGA YOUTUBE VIDEO. PICK YOUR FAVORITE!</p> <p>LAY ON YOUR BACK AND BELLY BREATH AFTER</p>	<p>APRIL 7. COIN FLIP BOOTCAMP</p> <p>YOU WILL NEED ONE COIN FOR TWO PEOPLE.</p> <p>SEE ATTACHED FORM FOR RULES.</p>	<p>APRIL 8.</p> <p>RUN AROUND THE HOUSE 3-5 TIMES AND DO YOUR FAVORITE EXERCISE 10X AFTER EACH LAP.</p>	<p>APRIL 9. MAKE UP YOUR OWN GAME</p> <p>FIND A FRIEND, NEIGHBOR, OR FAMILY MEMBER AND MAKE UP A GAME USING YOUR OWN RULES.</p>	<p>APRIL 10. TIC-TAC-TOE</p> <p>WIN= RUN A VICTORY LAP LOSE= 3 CURL-UPS CAT= RACE EACH OTHER</p>

MARCH 23

20 MIN. NATURE WALK

NAME 5 THINGS YOU SEE AND 5 THINGS YOU HEAR BELOW.





MARCH 24

DIRECTIONS

FIND 5 LABELS IN YOUR PANTRY OR FRIDGE AND FIND THE FOLLOWING:

SERVINGS=CURL-UPS

CARBS=LINE JUMPS

SUGARS=PUSH-UPS

PROTEIN=HIGH KNEES

DO THE SAME # OF EXERCISES AS GRAMS IN EACH ONE. SEE EXAMPLE ON THE RIGHT.

Nutrition Facts

Serving Size 1 Cup (29g)
Servings Per Container About 17

Amount Per Serving	Cereal	with 1/2 cup skim milk
Calories	110	150
Calories from Fat	5	5
% Daily Value**		
Total Fat 0.5g*	1%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 150mg	6%	8%
Potassium 45mg	1%	7%
Total Carbohydrate 26g	9%	11%
Dietary Fiber 2g	7%	7%
Sugars 10g		
Protein 2g		

= 17 CURL-UPS

= 26 LINE JUMPS

= 10 PUSH-UPS

= 2 HIGH KNEES

**10
JUMPING
JAX**

**10
SHOULDER
TAPS**

**10
STAR FISH**

**10
SQUATS**

**10
FRANKEN
-STEINS**

MARCH 25

DIRECTIONS

1. Find objects around your house that match the colored circles.
2. Run and touch that object.
3. Perform the exercise 10 times that is on the color.
4. How many of each color can you do?!

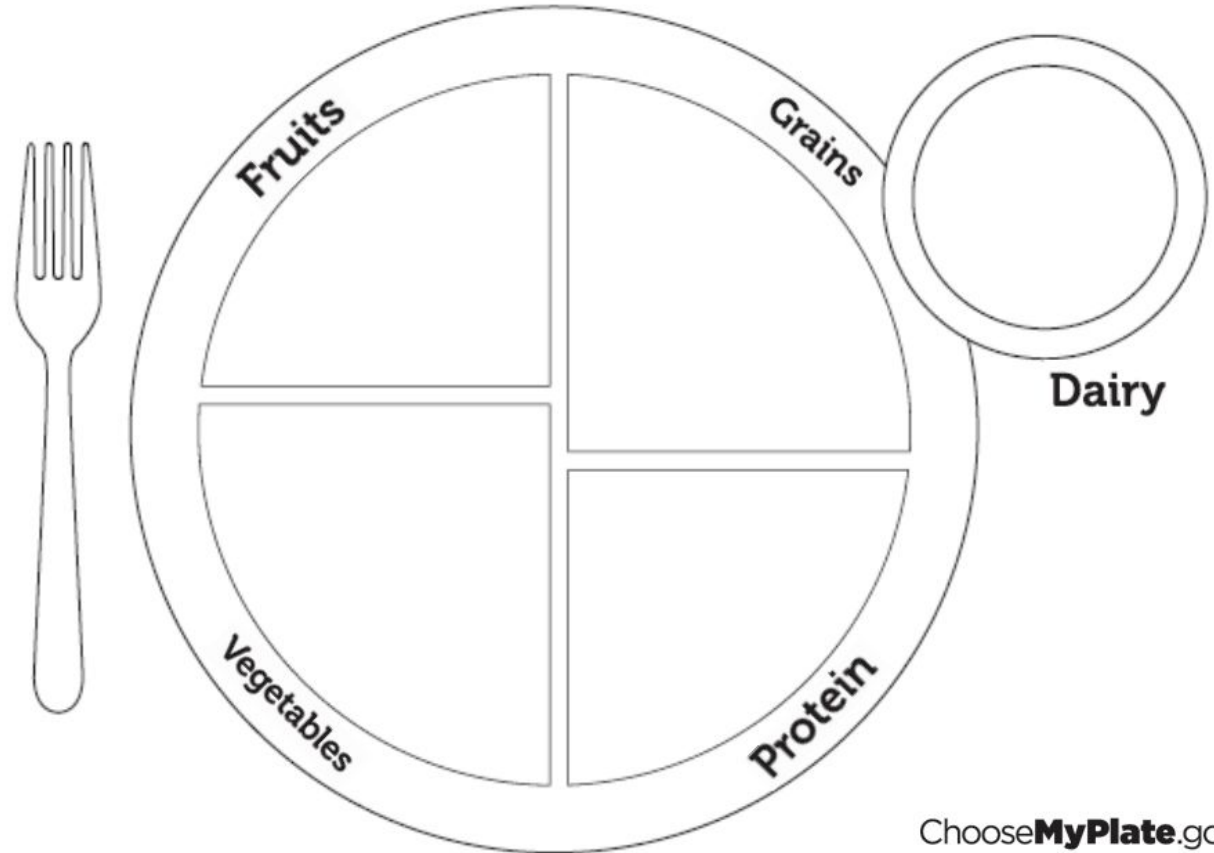
MARCH 31

HELP PLAN
DINNER USING
THESE 5 FOOD
GROUPS.

BONUS POINTS
FOR HELPING
PREPARE DINNER
AND SETTING THE
TABLE!

Name _____

Today, I learned how much of each type of food I should be eating!



Choose **MyPlate**.gov

WHAT'S YOUR NAME?

SPELL OUT YOUR FIRST NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. YOU CAN EVEN DO YOUR FAVORITE DISNEY CHARACTERS NAME, FAMILY MEMBER NAMES, FRIENDS, EVEN PETS! TRY TO DO 6 DIFFERENT NAMES!

A JUMP 10 TIMES

B SPIN 5 TIMES

C HOP ON 1 FOOT 5 TIMES

D RUN AROUND THE ROOM 2 TIMES

E BEAR CRAWL 5 SECONDS

F 3 DONKEY KICKS

G 10 JUMPING JACKS

H 8 FROG HOPS

I LEFT FOOT BALANCE 10 SECONDS

J RIGHT FOOT BALANCE 10 SECONDS

K MARCH LIKE A SOLDIER X 10

L 10 ROLLS

M 3 STARFISH

N 10 TIPPY TOE BOUNCES

O 20 STEPS BACKWARDS

P 20 SIDEWAYS STEPS

Q CRAB WALK 10 SECONDS

R 8 INCH WORMS

S 20 TOE TOUCHES

T 12 SECONDS OF DANCING

U 8 STARFISH JUMPS

V FLAP ARMS LIKE A BIRD 25 TIMES

W GALLOP FOR 10 SEC.

X WALK ON KNEES FOR 10 SECONDS

Y 10 PUSH-UPS

Z 10 SQUATS

APRIL 3

APRIL 7

COIN FLIP BOOTCAMP

Find a partner and 1 coin. You will flip the coin and do the exercise that matches with heads or tails. Flip the coin a total of 15 times.

FLIP #	HEADS	TAILS
1	JOG: 30 SECONDS	PLANK: 20 SECONDS
2	JUMPING JAX: 15	TIPPY-TOE WALK: 25 SECONDS
3	CURL-UPS: 15	JUMP IN PLACE: 12
4	HOP : 15 TIMES EACH FOOT	JOG: 45 SECONDS
5	MARCH = 20 SECONDS	PUSH-UPS: 10

FLIP #	HEADS	TAILS
6	CRAB WALK: 30 SEC.	JUMPING JAX: 10
7	TIPPY-TOE WALK: 20 SEC..	PUSH-UPS: 12
8	HOP : 15 TIMES EACH FOOT	HIGH KNEES: 20
9	PUSH-UPS: 15	PLANK: 20 SECONDS
10	JOG: 60 SECONDS	CRAB WALK = 30 SEC.

APRIL 10

TIC TAC TOE

