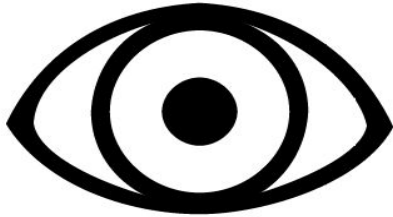


MINDFULNESS MONDAY	TOGETHER TUESDAY	WORK-IT WEDNESDAY	PLAY THURSDAY	FAMILY FRIDAY
<p>TAKE A LISTENING NATURE WALK FOR 10-20 MINS.</p> <p>WHAT DO YOU HEAR?</p>	<p>PICK OUT A FOOD ITEM IN THE PANTRY. DO THE # OF EXERCISES WITH THE # OF GRAMS IN EACH.</p> <p>SUGARS= PUSH UPS CARBS= JUMPING JACKS SERVINGS= CURL-UPS PROTEIN= BICYCLES</p>	<p>10- JUMPING JACKS 10- PUSH-UPS 10- SQUATS 10- CURL UPS 10- BICYCLES HOW MANY TIMES CAN YOU DO IT?</p>	<p>PLAY TOSS AND CATCH WITH A SIBLING, PARENT, OR NEIGHBOR.</p> <p>SEE HOW MANY TIMES YOU CAN DO IT WITHOUT DROPPING!</p>	<p><u>ROCK PAPER SCISSORS</u> IF YOU... WIN= DO A DANCE TIE= PARTNER SQUATS LOSE= 10 PUSH-UPS</p> <p>PLAY MULTIPLE ROUNDS WITH DIFFERENT FAMILY MEMBERS</p>
<p>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><u>SET THE MENU!!</u> HELP PLAN DINNER WITH THE 5 DIFFERENT FOOD GROUPS.</p> <p>-GRAINS -VEGGIES -FRUITS -PROTEIN -DAIRY *BE SURE TO DRINK WATER!</p>	<p>DANCE FOR 30 MINUTES TO KIDS-BOP VIDEOS OR JUST DANCE.</p> <p>IF YOU CAN'T ACCESS YOUTUBE, DANCE TO THE RADIO</p>	<p>Kick bowling</p> <p>Find a bottle, can, or even a barbie doll will work and stand it up between you and your opponent.</p>	<p>WHAT'S YOUR NAME?</p> <p>CHECK OUT THE ATTACHED FORM FOR INSTRUCTIONS.</p>
<p>DO A COSMIC KIDS YOGA youtube VIDEO. PICK YOUR FAVORITE!</p> <p>LAY ON YOUR BACK AND BELLY BREATH AFTER.</p>	<p><u>Coin flip bootcamp</u></p> <p>You will need one coin for two people.</p> <p>See attached form for rules.</p>	<p>RUN AROUND THE HOUSE 3-5 TIMES AND DO YOUR FAVORITE EXERCISE 10X AFTER EACH LAP.</p>	<p><u>Make up your own game</u></p> <p>Find a friend, neighbor, or family member and make up a game using your own rules.</p>	<p><u>TIC-TAC-TOE</u></p> <p>WIN= RUN A VICTORY LAP LOSE= CURL-UPS CAT= RACE EACH OTHER</p>

NATURE WALK

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





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		

FIND YOUR OWN LABEL IN YOUR PANTRY OR FRIDGE AND FIND THE FOLLOWING:

SERVINGS=CURL-UPS
CARBS=JUMPING JACKS
SUGARS=PUSH-UPS
PROTEIN=BICYCLES

DO THE SAME # OF EXERCISES AS GRAMS IN EACH ONE.

= 17 CURL-UPS

= 26 JUMPING JACKS

= 10 PUSH-UPS

= 2 BICYCLES

**10
JUMPING
JACKS**

**10
PUSH
UPS**

**10
SQUATS**

**10
CURL
UPS**

**10
BICYCLES**

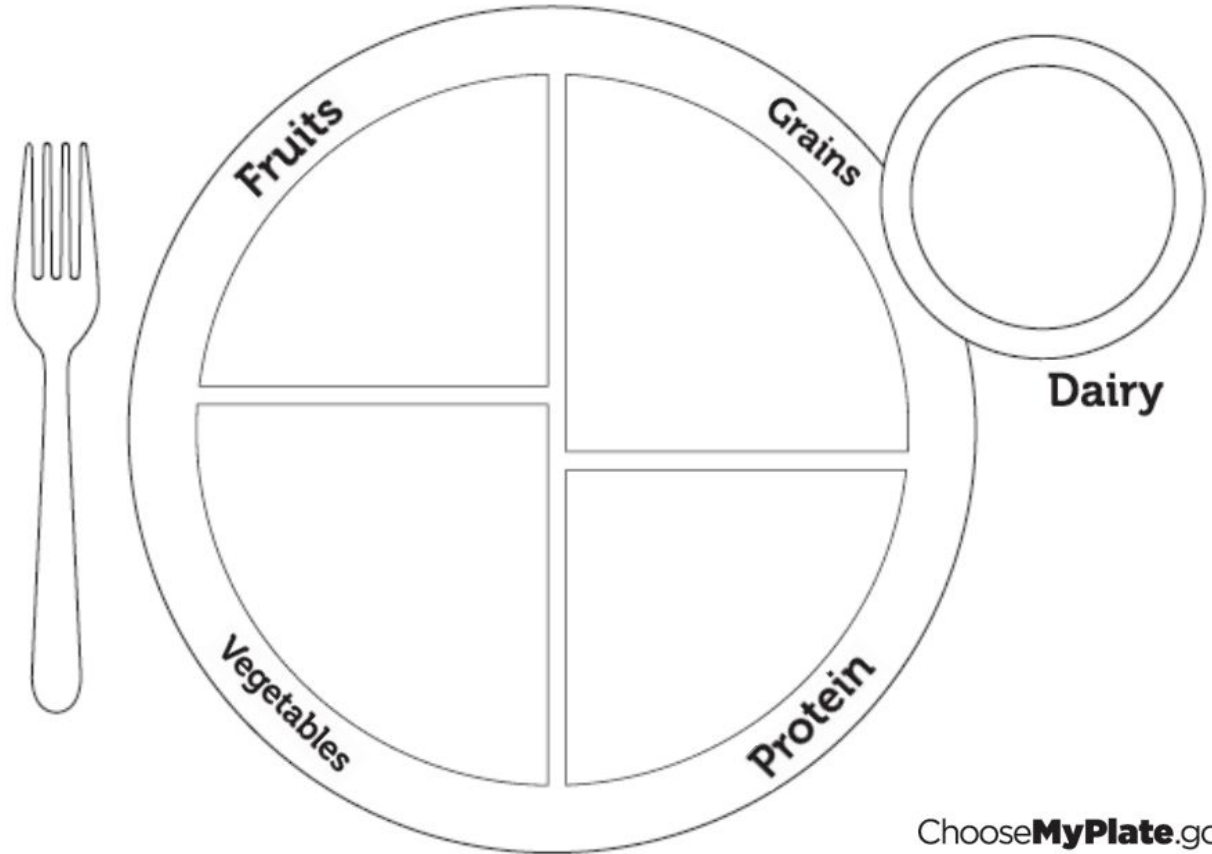
HOW MANY
TIMES CAN YOU
DO IT??

Name _____

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

HELP PLAN
DINNER USING
THESE 5 FOOD
GROUPS.

BONUS POINTS
FOR HELPING
PREPARE DINNER
AND SETTING THE
TABLE!



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!

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 CARTWHEELS

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 SOMERSAULTS

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 BICYCLES

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 SQUAT X 10

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 10 times.

FLIP #	HEADS	TAILS
1	JOG: 30 SECONDS	PLANK: 30 SECONDS
2	SQUAT: 15	CALF RAISES: 25
3	CURL UPS: 15	LEG RAISES: 12
4	JUMPING JACKS: 25	JOG: 45 SECONDS
5	HIGH KNEES: 20	PUSH-UPS: 10

FLIP #	HEADS	TAILS
6	WALL SIT: 30 SECONDS	JUMPING JACKS: 20
7	CALF RAISES: 20	PUSH-UPS: 12
8	SUPERMAN: 15 SECONDS	HIGH KNEES: 20
9	PUSH-UPS: 15	PLANK: 20 SECONDS
10	JOG: 60 SECONDS	WALL SIT: 30 SECONDS

TIC TAC TOE

