**Fun Activities to Keep Moving!!! Have Fun!!!**

1. Look around your house to find as many things that you can that you could use to help you stay active. Test them out. Ex: skipping rope, basketball, hula hoop… get creative!
2. Have a dance party with your family. Find a Just Dance video to follow on youtube GoNoodle is a fun one try it out.
3. Go on a walk around your neighbourhood. Choose a safe spot during your walk to stop, look, and listen. What can you see that is moving? What can you hear?
4. Go on a walk, run, or bike ride for at least 20 minutes. How many animals did you see?
5. Using chalk, create a hopscotch or foursquare to play on the sidewalk or your driveway. If you don’t have chalk, you can use tape on the floor.

Being thoughtful and mindful

1. Call a family member to ask how they are doing. Tell them about your day, and what made you think of them.
2. Write a list of three things you are grateful for, each day this week. That means that you will have a list of 12 things by Friday. Share them with your loved ones and your teacher(s).

😊 Ms Mudry