Fresh Start
Set your intention for the week, by making a SMART goal. Example:
• I am going to go for a 20 min walk 3 times this week.

Then complete this workout to get oxygen to your brain!
1. 10 Jumping Jacks!
2. 10 Burpees
3. 10 crunches
4. 10 Front Lunges
5. 10 Push Ups
6. 10 squats
7. 10 calf raises
8. 10 knee lifts
9. 10 second plank
10. 10 mountain climbers
Talk about it Tuesday

- How are you feeling about remote learning?
- Talk to a friend, family member or reach out to teacher
- Let them know how remote learning makes you feel!
- Your feelings matter!
- Opening up helps other people open up and you could help a friend in need
Walk it out Wednesday

Go for a walk with a caregiver. Stay silent the whole time. Pick a sound to listen to every time you hear that sound. Raise your hand or make a special movement. Example: every time you hear a bird, show each other a blinking star with your hand.
Throw it out Thursday

Pick something in your house to organize. Try and throw out something that no longer serves you. If you haven’t used it in a year you probably won’t need it anytime soon and this would be a good object to throw out or donate!
Free Friday

Which google slide day was your favorite? Pick a slide Monday - Thursday and do it again! See you next week!

- Ms. Tyler
Tuesday April 7th

- butterfly
- sit & reach
- downward dog
- cobra
- open lizard
- pretzel
- quads
- shoulders
- triceps/shoulders
- push-ups
- curl-ups
Wednesday April 8th

- butterfly
- sit n reach
- downward dog
- cobra
- open lizard
- pretzel
- quads
- shoulders
- triceps/shoulders
- push-ups
- curl-ups
Thursday April 9th

- butterfly
- sit n' reach
- downward dog
- cobra
- open lizard
- pretzel
- quads
- shoulders
- triceps/shoulders
- push-ups
- curl-ups
Friday April 10th

- butterfly
- sit & reach
- downward dog
- cobra
- open lizard
- pretzel
- quads
- shoulders
- triceps/shoulders
- push-ups
- curl-ups