




## Brain Breaks:

Complete the following tasks throughout the week in between learning activities.

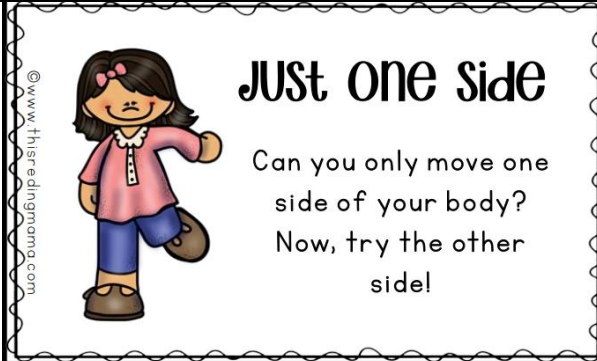
Day of the week	Activity	How many times
Monday	 <p><b>stretch arms</b></p> <p>Cross your arms at your chest. Now stretch them way out. Repeat several times.</p>	Stretch your arms 10 times.
Tuesday	 <p><b>one foot hop</b></p> <p>Hop on one foot as many times as you can until time is up. Switch feet if you need to!</p>	Hop on each foot 10 times (20 times in total)
Wednesday	 <p><b>very video</b></p> <p>Pick an online video and MOVE! (Be sure an adult helps you find the right video.)</p>	<p><b>Follow the GoNoodle dance:</b> Sonic the Hedgehog: Here Comes the Boom!</p> <p><a href="https://www.youtube.com/watch?v=aZru-M3TUII">https://www.youtube.com/watch?v=aZru-M3TUII</a></p>

**Thursday**



**Lunge on each leg 10 times (20 times in total)**

**Friday**



**Do this for 1 minute (30 seconds each side)**