

Brain Breaks:

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

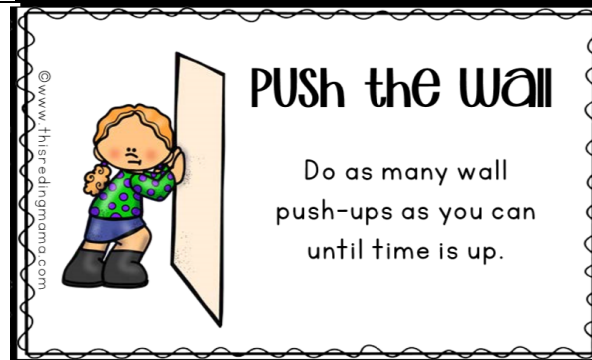
Day of the week	Activity	How many times
Monday	 <p>stretch arms</p> <p>Cross your arms at your chest. Now stretch them way out. Repeat several times.</p>	Stretch your arms 10 times.
Tuesday	 <p>spin around</p> <p>Spin around 3 times to the right. Now spin 3 times to the left. Careful not to get dizzy!</p>	Follow the instructions in the picture
Wednesday	 <p>very video</p> <p>Pick an online video and MOVE! (Be sure an adult helps you find the right video.)</p>	<p>Follow the GoNoodle dance The Hokey Pokey</p> <p>https://www.youtube.com/watch?v=aVAnoqxKAAC</p>

Thursday



Create a clapping pattern and teach your family

Friday



How many push ups can you do against the wall in 1 minute