

Gym and Music

Directions:

- Challenge yourself to complete two squares everyday. Superheroes will complete three a day!
- Once you have completed an activity, fill in the square with letters, shapes, patterns, colors!
- Beware: everyday activities with ☀ should not be filled in until the end of school!

B**I****N****G****O**

Set up, draw and fill in a still life	Hop in place while singing the alphabet	Find 5 objects. Explore the different sounds they make.	PLAY OUTSIDE FOR 20 min. WITH PARENT SUPERVISION	Look up, down and all around. Find an object that starts with each letter of the
MAKE AN OBSTACLE AND MOVE THROUGH	Drink 2 glasses of water everyday. ☀	Help make a meal and clean up	Sing 2 different songs with a family member	Use recycled objects to make
Build a blanket fort and put it away	Make up a dance and perform for a family member	Walk like an animal and count to 100	Look at something, draw it using basic shapes, fill it in	Design, draw, and build a new instrument from things in your house.
Sing "Happy Birthday" when washing your hands at least 3 times a day ☀	Using your finger, write letters or words on someone's back 10 times.	Put paper on a wall or door, draw someone's portrait on it.	<i>Walk on your tiptoes around furniture and sing a song. Do it again as if</i>	Reach up, breathe in, reach down, breathe out, stand up, say what you are grateful for. Do this every day. ☀
Listen to your favorite song. Draw how it makes you feel.	Draw a picture of something "wild," using your imagination.	BRUSH YOUR TEETH TWICE A DAY ☀	Find something recyclable and tear it into 20 pieces.	Fill a laundry basket, squat down and pick it up 15 times, then carry it around your house