

**PE Week 3:**

<p>PreK</p>	<p><b>Mastery Monday:</b> Today we are going to focus on catching. What do you have around your house that you can catch? <a href="#">How to make a sock ball.</a> <a href="#">How to make a bean bag.</a> Try these challenges: Can you catch when someone else throws it?  <ul style="list-style-type: none"> <li>- In a bowl or bucket</li> <li>- In your shirt</li> <li>- With your hands</li> </ul> Can you catch when you throw it?   <b>and/or</b> Try this <a href="#">set of catching challenges</a> with your bean bag or sock ball.</p>	<p><b>Teamwork Tuesday:</b> So much home-time means the house is getting really messy - dishes, laundry, dirt, and dust.  Teamwork Tuesday is all about <b>HAVING FUN</b> while exercising and <b>HELPING YOUR FAMILY</b>.  Get inspired with <a href="#">this video</a>  <a href="#">Check out Week 3's Chore Chart Challenge</a> (updates highlighted)  <a href="#">Check out our Tips for Success</a></p>	<p><b>Wacky Wednesday:</b> This is your time to create your own games, using your skills from Mastery Monday and your fitness activities from Fitness Friday.  Be creative and have fun! Play for at least 15 minutes, by yourself or ask a family member to join you.  Get inspired with <a href="#">this video</a>. <b>and/or</b> <a href="#">choose a game from these activities</a></p>	<p><b>Take a Trip Thursday:</b> Let's go on an imaginary trip. Pick at least 3 locations in your house or outdoor space. Count how many steps it takes to travel from one to the other. Count how many jumps it takes. (hops, slides, skips) Which way of moving takes more steps and which takes less? Is it the same number for someone else in your home? Talk about why or why not. <b>and/or</b> Use the route of steps you created for a new <a href="#">imagination field trip</a>.</p>	<p><b>Fitness Friday:</b> <a href="#">Spell States Workout</a> Student will spell the state and then will do the # of exercises next to it. <a href="#">Spell States Workout and/or PreK-K Workout Videos</a> (Coach Joe, Little Sports, Bari Koral)</p>
<p>K</p>	<p><b>Mastery Monday:</b> Today we are going to focus on catching. What do you have around your house that you can catch? <a href="#">How to make a sock ball.</a> <a href="#">How to make a bean bag.</a> Try these challenges: Can you catch when someone else throws it?  <ul style="list-style-type: none"> <li>- In a bowl or bucket</li> <li>- In your shirt</li> <li>- With your hands</li> </ul> Can you catch, when you throw it?   <b>and/or</b> Try this <a href="#">set of catching challenges</a> with your bean bag or sock ball.</p>	<p><b>Teamwork Tuesday:</b> So much home-time means the house is getting really messy - dishes, laundry, dirt, and dust.  Teamwork Tuesday is all about <b>HAVING FUN</b> while exercising and <b>HELPING YOUR FAMILY</b>.  Get inspired with <a href="#">this video</a>  <a href="#">Check out Week 3's Chore Chart Challenge</a> (updates highlighted)  <a href="#">Check out our Tips for Success</a></p>	<p><b>Wacky Wednesday:</b> This is your time to create your own games, using your skills from Mastery Monday and your fitness activities from Fitness Friday.  Be creative and have fun! Play for at least 15 minutes, by yourself or ask a family member to join you.  Get inspired with <a href="#">this video</a>. <b>and/or</b> <a href="#">choose a game from these activities</a></p>	<p><b>Take a Trip Thursday:</b> Let's go on an imaginary trip. Pick at least 3 locations in your house or outdoor space. Count how many steps it takes to travel from one to the other. Count how many jumps it takes. (hops, slides, skips) Which way of moving takes more steps and which takes less? Is it the same number for someone else in your home? Talk about why or why not. <b>and/or</b> Use the route of steps you created for a new <a href="#">imagination field trip</a>.</p>	<p><b>Fitness Friday:</b> <a href="#">Spell States Workout</a> Student will spell the state and then will do the # of exercises next to it. <a href="#">Spell States Workout and/or PreK-K Workout Videos</a> (Coach Joe, Little Sports, Bari Koral)</p>
<p>1st Grade</p>	<p><b>Mastery Monday:</b> Today we are going to focus on catching. What do you have around your house that you can catch? <a href="#">How to make a sock ball.</a></p>	<p><b>Teamwork Tuesday:</b> So much home-time means the house is getting really messy - dishes, laundry, dirt, and dust.  Teamwork Tuesday is all about</p>	<p><b>Wacky Wednesday:</b> This is your time to create your own games, using your skills from Mastery Monday and your fitness activities from Fitness Friday.</p>	<p><b>Take a Trip Thursday:</b> Let's go on an imaginary trip. Pick at least 4 locations in your house or outdoor space. Count how many steps it takes to travel from one to the other.</p>	<p><b>Fitness Friday:</b> <a href="#">Spell States Workout</a> Student will spell the state and then will do the # of exercises next to it. Students will do workout two times.</p>

	<p><a href="#">How to make a bean bag.</a> Try these challenges: Can you catch with:</p> <ul style="list-style-type: none"> <li>- Two hands</li> <li>- One hand</li> <li>- Same hand</li> <li>- Different hand</li> <li>- High hands</li> <li>- Low hands</li> </ul> <p><b>and/or</b> Try this <a href="#">set of catching challenges</a> with your bean bag or sock ball.</p>	<p><b>HAVING FUN</b> while exercising and <b>HELPING YOUR FAMILY.</b></p> <p>Get inspired with <a href="#">this video</a></p> <p><a href="#">Check out Week 3's Chore Chart Challenge</a> (updates highlighted)</p> <p><a href="#">Check out our Tips for Success</a></p>	<p>Be creative and have fun! Play for at least 15 minutes, by yourself or ask a family member to join you.</p> <p>Get inspired with <a href="#">this video.</a> <b>and/or choose a game from these activities</b></p>	<p>Count how many jumps it takes. (hops, slides, skips) Which way of moving takes more steps and which takes less? Is it the same number for someone else in your home? Talk about why or why not. <b>and/or</b> Use the route of steps you created for a new <a href="#">imagination field trip.</a></p>	<p><a href="#">Spell States Workout and/or 1-2 Workout Videos</a> (Mr. P, Les Mills &amp; Livestrong Woman)</p>
2nd Grade	<p><b>Mastery Monday:</b> Today we are going to focus on catching. What do you have around your house that you can catch? <a href="#">How to make a sock ball.</a> <a href="#">How to make a bean bag.</a> Try these challenges: Can you catch with:</p> <ul style="list-style-type: none"> <li>- Two hands</li> <li>- One hand</li> <li>- Same hand</li> <li>- Different hand</li> <li>- High hands</li> <li>- Low hands</li> </ul> <p><b>and/or</b> Try this <a href="#">set of catching challenges</a> with your bean bag or sock ball.</p>	<p><b>Teamwork Tuesday:</b> So much home-time means the house is getting really messy - dishes, laundry, dirt, and dust.</p> <p>Teamwork Tuesday is all about <b>HAVING FUN</b> while exercising and <b>HELPING YOUR FAMILY.</b></p> <p>Get inspired with <a href="#">this video</a></p> <p><a href="#">Check out Week 3's Chore Chart Challenge</a> (updates highlighted)</p> <p><a href="#">Check out our Tips for Success</a></p>	<p><b>Wacky Wednesday:</b> This is your time to create your own games, using your skills from Mastery Monday and your fitness activities from Fitness Friday.</p> <p>Be creative and have fun! Play for at least 15 minutes, by yourself or ask a family member to join you.</p> <p>Get inspired with <a href="#">this video.</a> <b>and/or choose a game from these activities</b></p>	<p><b>Take a Trip Thursday:</b> Let's go on an imaginary trip. Pick at least 4 locations in your house or outdoor space. Count how many steps it takes to travel from one to the other. Count how many jumps it takes. (hops, slides, skips) Which way of moving takes more steps and which takes less? Is it the same number for someone else in your home? Talk about why or why not. <b>and/or</b> Use the route of steps you created for a new <a href="#">imagination field trip.</a></p>	<p><b>Fitness Friday:</b> <a href="#">Spell States Workout</a> Students will do an exercise while spelling out a state. <a href="#">Spell States Workout and/or 1-2 Workout Videos</a> (Mr. P, Les Mills &amp; Livestrong Woman)</p>
3rd Grade	<p><b>Mastery Monday:</b> Today we are going to focus on catching. What do you have around your house that you can catch? <a href="#">How to make a sock ball.</a> <a href="#">How to make a bean bag.</a> Try these challenges: Can you catch with:</p> <ul style="list-style-type: none"> <li>- High hand(s)</li> <li>- Low hand(s)</li> <li>- Behind the back</li> <li>- On your shoe</li> <li>- On your knee</li> </ul> <p>What other challenges can you think of?</p>	<p><b>Teamwork Tuesday:</b> So much home-time means the house is getting really messy - dishes, laundry, dirt, and dust.</p> <p>Teamwork Tuesday is all about <b>HAVING FUN</b> while exercising and <b>HELPING YOUR FAMILY.</b></p> <p><a href="#">Get inspired with this video</a></p> <p><a href="#">Check out Week 3's Chore Chart Challenge</a> (updates highlighted)</p> <p><a href="#">Check out our Tips for</a></p>	<p><b>Wacky Wednesday:</b> This is your time to create your own games, using your skills from Mastery Monday and your fitness activities from Fitness Friday.</p> <p>Be creative and have fun! Play for at least 15 minutes, by yourself or ask a family member to join you.</p> <p>Get inspired with <a href="#">this video.</a> <b>and/or choose a game from these activities</b></p>	<p><b>Take a Trip Thursday:</b> Create your own course. Pick at least 5 locations in your house or outdoor space. Count how many steps it takes to travel from one to the other. Count how many jumps it takes. (hops, slides, skips) Which way of moving takes more steps and which takes less? Is it the same number for someone else in your home? Talk about why or why not. <b>and/or</b> Use the route of steps you created for a new <a href="#">imagination</a></p>	<p><b>Fitness Friday:</b> <a href="#">Spell States Work Out</a> Students will do an exercise while spelling out a state. <a href="#">Spell States Workout and/or 3-5 Workout</a> (Hy-vee Kids Fit)</p>

	<p><b>and/or</b> Try this <a href="#">set of catching challenges</a> with your bean bag or sock ball.</p>	<p><b>Success</b></p>		<p><a href="#">field trip.</a></p>	
4th Grade	<p><b>Mastery Monday:</b> Today we are going to focus on catching. What do you have around your house that you can catch? <a href="#">How to make a sock ball.</a> <a href="#">How to make a bean bag.</a> Try these challenges: Can you catch with:</p> <ul style="list-style-type: none"> <li>- High hand(s)</li> <li>- Low hand(s)</li> <li>- Behind the back</li> <li>- On your shoe</li> <li>- On your knee</li> </ul> <p>What other challenges can you think of? <b>and/or</b> Try this <a href="#">set of catching challenges</a> with your bean bag or sock ball.</p>	<p><b>Teamwork Tuesday:</b> So much home-time means the house is getting really messy - dishes, laundry, dirt, and dust.  Teamwork Tuesday is all about <b>HAVING FUN</b> while exercising and <b>HELPING YOUR FAMILY.</b></p> <p><a href="#">Get inspired with this video</a></p> <p><a href="#">Check out Week 3's Chore Chart Challenge</a> (updates highlighted)</p> <p><a href="#">Check out our Tips for Success</a></p>	<p><b>Wacky Wednesday:</b> This is your time to create your own games, using your skills from Mastery Monday and your fitness activities from Fitness Friday.  Be creative and have fun! Play for at least 15 minutes, by yourself or ask a family member to join you.</p> <p>Get inspired with <a href="#">this video.</a> <b>and/or choose a game from these activities</b></p>	<p><b>Take a Trip Thursday:</b> Create your own course. Pick at least 5 locations in your house or outdoor space. Count how many steps it takes to travel from one to the other. Count how many jumps it takes. (hops, slides, skips) Which way of moving takes more steps and which takes less? Is it the same number for someone else in your home? Talk about why or why not. <b>and/or</b> Use the route of steps you created for a new <a href="#">imagination field trip.</a></p>	<p><b>Fitness Friday:</b> <a href="#">Spell States Work Out</a> Students will do an exercise while spelling out a state. Students will do workout two times. <a href="#">Spell States Workout and/or 3-5 Workout</a> (Hy-vee Kids Fit)</p>
5th Grade	<p><b>Mastery Monday:</b> Today we are going to focus on catching. What do you have around your house that you can catch? <a href="#">How to make a sock ball.</a> <a href="#">How to make a bean bag.</a> Try these challenges: Can you catch with:</p> <ul style="list-style-type: none"> <li>- High hand(s)</li> <li>- Low hand(s)</li> <li>- Behind the back</li> <li>- On your shoe</li> <li>- On your knee</li> </ul> <p>What other challenges can you think of? <b>and/or</b> Try this <a href="#">set of catching challenges</a> with your bean bag or sock ball.</p>	<p><b>Teamwork Tuesday:</b> So much home-time means the house is getting really messy - dishes, laundry, dirt, and dust.  Teamwork Tuesday is all about <b>HAVING FUN</b> while exercising and <b>HELPING YOUR FAMILY.</b></p> <p><a href="#">Get inspired with this video</a></p> <p><a href="#">Check out Week 3's Chore Chart Challenge</a> (updates highlighted)</p> <p><a href="#">Check out our Tips for Success</a></p>	<p><b>Wacky Wednesday:</b> This is your time to create your own games, using your skills from Mastery Monday and your fitness activities from Fitness Friday.  Be creative and have fun! Play for at least 15 minutes, by yourself or ask a family member to join you.</p> <p>Get inspired with <a href="#">this video.</a> <b>and/or choose a game from these activities</b></p>	<p><b>Take a Trip Thursday:</b> Create your own course. Pick at least 5 locations in your house or outdoor space. Count how many steps it takes to travel from one to the other. Count how many jumps it takes. (hops, slides, skips) Which way of moving takes more steps and which takes less? Is it the same number for someone else in your home? Talk about why or why not. <b>and/or</b> Use the route of steps you created for a new <a href="#">imagination field trip.</a></p>	<p><b>Fitness Friday:</b> <a href="#">Spell States Work Out</a> Students will do an exercise while spelling out a state. The workout will be done at two different times. <a href="#">Spell States Workout and/or 3-5 Workout</a> (Hy-vee Kids Fit)</p>

	<b>Mindful Monday</b>	<b>Tasty Tuesday</b>	<b>Wellness Wednesday</b>	<b>Thirsty Thursday</b>	<b>Family Friday</b>
PreK	<p>Mindful Monday is all about taking time for your mental health. Pause, take a break, and focus on breathing.</p> <p>Try this: Find a comfortable seated position. Using your imagination, pretend that you need to blow up a big balloon! Inhale through your nose and exhale out your mouth. Try to get rid of all the air in your lungs. Repeat for 4 breaths. Do this 3 times today!</p> <p>You can also try <a href="#">Rainbow Breathing from GoNoodle!</a></p>	<p>Tasty Tuesday is all about eating healthy GO foods! GO foods are foods that we should eat at least 5 times every day, like vegetables and fruit.</p> <p>Try this: During a meal or snack today, eat something that is the color ORANGE--like carrots, bell peppers, oranges, or sweet potatoes!</p> <p>Learn more about <a href="#">eating a Rainbow!!!</a></p>	<p>Wellness Wednesday is all about making healthy personal choices! Personal health looks different for all people so choose one healthy habit from the menu below and complete it today!</p> <ul style="list-style-type: none"> <li>• Wash your hands regularly with soap and warm water</li> <li>• Brush teeth two times and floss once</li> <li>• Get 9-10 hours of sleep</li> <li>• Get less than 2 hours of screen time</li> <li>• Take a mindfulness break</li> </ul>	<p>Thirsty Thursday is a day to think about what we drink! Our bodies need lots of water and healthy fluids to perform their best every day!</p> <p>Try this: Did you know that many juices have added sugar to make them sweeter? If you drink juice today try a glass that is half juice and half water. It makes the juice last longer and cuts the amount of sugar in half!</p> <p>Find out more about <a href="#">Sugar!</a></p>	<p>Family Fun Friday is all about making healthy choices as a family! Meaningful connections with family and friends are a key component of strong mental health.</p> <p>Try this: Have an indoor picnic! Grab a sheet or blanket and lay it out in the living room and enjoy a family picnic. Each person can pick one healthy food to add to the meal! Say, "I'm going to a picnic, and I'm bringing _____!"</p>
K	<p>Mindful Monday is all about taking time for your mental health. Pause, take a break, and focus on breathing.</p> <p>Try this: Find a comfortable seated position. Using your imagination, pretend that you need to blow up a big balloon! Inhale through your nose and exhale out your mouth. Try to get rid of all the air in your lungs. Repeat for 4 breaths. Do this 3 times today!</p> <p>You can also try <a href="#">Rainbow Breathing from GoNoodle!</a></p>	<p>Tasty Tuesday is all about eating healthy GO foods! GO foods are foods that we should eat at least 5 times every day, like vegetables and fruit.</p> <p>Try this: During a meal or snack today, eat something that is the color ORANGE--like carrots, bell peppers, oranges, or sweet potatoes!</p> <p>Learn more about <a href="#">eating a Rainbow!!!</a></p>	<p>Wellness Wednesday is all about making healthy personal choices! Personal health looks different for all people so choose one healthy habit from the menu below and complete it today!</p> <ul style="list-style-type: none"> <li>• Wash your hands regularly with soap and warm water</li> <li>• Brush teeth two times and floss once</li> <li>• Get 9-10 hours of sleep</li> <li>• Get less than 2 hours of screen time</li> <li>• Take a mindfulness break</li> </ul>	<p>Thirsty Thursday is a day to think about what we drink! Our bodies need lots of water and healthy fluids to perform their best every day!</p> <p>Try this: Did you know that many juices have added sugar to make them sweeter? If you drink juice today try a glass that is half juice and half water. It makes the juice last longer and cuts the amount of sugar in half!</p> <p>Find out more about <a href="#">Sugar!</a></p>	<p>Family Fun Friday is all about making healthy choices as a family! Meaningful connections with family and friends are a key component of strong mental health.</p> <p>Try this: Have an indoor picnic! Grab a sheet or blanket and lay it out in the living room and enjoy a family picnic. Each person can pick one healthy food to add to the meal! Say, "I'm going to a picnic, and I'm bringing _____!"</p>
1st Grade	<p>Mindful Monday is all about taking time for your mental health. Pause, take a break, and focus on breathing.</p> <p>Try this: Find a comfortable seated position. Take a big deep breath in through your nose and exhale out your mouth. Focus on your breathing for 5 deep breaths. As you are breathing, if you</p>	<p>Tasty Tuesday is all about eating healthy GO foods! GO foods are foods that we should eat at least 5 times every day, like vegetables and fruit.</p> <p>Try this: During one meal today, make a healthy plate using the MyPlate guidelines! Half of the plate is vegetables and fruit, the other half is lean protein and whole grains! And</p>	<p>Wellness Wednesday is all about making healthy personal choices! Personal health looks different for all people so choose one healthy habit from the menu below and complete it today!</p> <ul style="list-style-type: none"> <li>• Wash your hands regularly with soap and warm water</li> <li>• Brush teeth two times and</li> </ul>	<p>Thirsty Thursday is a day to think about what we drink! Our bodies need lots of water and healthy fluids to perform their best every day!</p> <p>Try this: Did you know that many juices have added sugar to make them sweeter? If you drink juice today try a glass that is half juice and half water. It makes the juice last longer</p>	<p>Family Fun Friday is all about making healthy choices as a family! Meaningful connections with family and friends are a key component of strong mental health.</p> <p>Try this: Have an indoor picnic! Grab a sheet or blanket and lay it out in the living room and enjoy a family picnic. Each person can pick one healthy</p>

	<p>become distracted, that's ok. Simply tell that distraction to float away and then refocus on your breathing. Do this once in the morning and once in the afternoon during a learning break!</p> <p>You can also try <a href="#">Rainbow Breathing from GoNoodle!</a></p>	<p>don't forget your low-fat dairy option!</p>  <p>Choose <b>MyPlate</b>.gov</p>	<p>floss once</p> <ul style="list-style-type: none"> <li>● Get 9-10 hours of sleep</li> <li>● Get less than 2 hours of screen time</li> <li>● Take a mindfulness break</li> </ul>	<p>and cuts the amount of sugar in half!</p> <p>Find out more about <a href="#">Sugar!</a></p>	<p>food to add to the meal! Say, "I'm going to a picnic, and I'm bringing _____!"</p>
<p>2nd Grade</p>	<p>Mindful Monday is all about taking time for your mental health. Pause, take a break, and focus on breathing.</p> <p>Try this: Find a comfortable seated position. Take a big deep breath in through your nose and exhale out your mouth. Focus on your breathing for 5 deep breaths. As you are breathing, if you become distracted, that's ok. Simply tell that distraction to float away and then refocus on your breathing. Do this once in the morning and once in the afternoon during a learning break!</p> <p>You can also try <a href="#">Rainbow Breathing from GoNoodle!</a></p>	<p>Tasty Tuesday is all about eating healthy GO foods! GO foods are foods that we should eat at least 5 times every day, like vegetables and fruit.</p> <p>Try this: During one meal today, make a healthy plate using the MyPlate guidelines! Half of the plate is vegetables and fruit, the other half is lean protein and whole grains! And don't forget your low-fat dairy option!</p>  <p>Choose <b>MyPlate</b>.gov</p>	<p>Wellness Wednesday is all about making healthy personal choices! Personal health looks different for all people so choose one healthy habit from the menu below and complete it today!</p> <ul style="list-style-type: none"> <li>● Wash your hands regularly with soap and warm water</li> <li>● Brush teeth two times and floss once</li> <li>● Get 9-10 hours of sleep</li> <li>● Get less than 2 hours of screen time</li> <li>● Take a mindfulness break</li> </ul>	<p>Thirsty Thursday is a day to think about what we drink! Our bodies need lots of water and healthy fluids to perform their best every day!</p> <p>Try this: Do you know how much water you drink every day? Do you know how much water your body NEEDS every day? Check out the <a href="#">Children's Water Consumption</a> chart to see how much water you need. Then measure how much water you drink today to see if you're getting enough.</p> <p>Learn more about <a href="#">Sugar!</a></p>	<p>Family Fun Friday is all about making healthy choices as a family! Meaningful connections with family and friends are a key component of strong mental health.</p> <p>Try this: Write a letter! Think of someone in your family that lives far away that you haven't seen recently. Pick up a pen or pencil and a piece of paper. Handwrite a letter to that person describing your favorite quarantine activities! Then stick it in an envelope and mail it to that person. They will love hearing from you!</p>
<p>3rd Grade</p>	<p>Mindful Monday is all about taking time for your mental health. Pause, take a break, and focus on breathing.</p> <p>Try this: Today our breathing goal is to notice our distractions and send them away. Find a comfortable seated position and begin inhaling deeply and exhaling completely. As you are</p>	<p>Tasty Tuesday is all about eating healthy! Eating balanced, healthy meals will help our bodies stay strong and fight sickness!</p> <p>Try this: Macronutrients are the most important nutrients found in the foods we eat. They are protein, carbohydrates, and fats. Read the nutrition facts label on one</p>	<p>Wellness Wednesday is all about making healthy personal choices! Personal health looks different for all people so choose one healthy habit from the menu below and complete it today!</p> <ul style="list-style-type: none"> <li>● Wash your hands regularly with soap and warm water</li> <li>● Brush teeth two times and</li> </ul>	<p>Thirsty Thursday is a day to think about what we drink! Our bodies need lots of water and healthy fluids to perform their best every day!</p> <p>Try this: Do you know how much water you drink every day? Do you know how much water your body NEEDS every day? Check out the <a href="#">Children's Water Consumption</a> chart to</p>	<p>Family Fun Friday is all about making healthy choices as a family! Meaningful connections with family and friends are a key component of strong mental health.</p> <p>Try this: Write a letter! Think of someone in your family that lives far away that you haven't seen recently. Pick up a pen or pencil and a piece of paper.</p>

	<p>breathing, if you become distracted, that's ok. Simply tell that distraction to float away and then refocus on your breathing. Try this 4 times today.</p> <p>You can also try a <a href="#">Guided Body Scan Meditation</a></p>	<p>of your favorite foods. This might be cereal, a snack, or a packaged food. Find out how many grams of protein, carbohydrates, and fat are in one serving. Compare these results to another type of food.</p> <p>Learn more about <a href="#">macronutrients!</a></p>	<p>floss once</p> <ul style="list-style-type: none"> <li>● Get 9-10 hours of sleep</li> <li>● Get less than 2 hours of screen time</li> <li>● Take a mindfulness break</li> </ul>	<p>see how much water you need. Then measure how much water you drink today to see if you're getting enough.</p> <p>Learn more about <a href="#">Sugar!</a></p>	<p>Handwrite a letter to that person describing your favorite quarantine activities! Then stick it in an envelope and mail it to that person. They will love hearing from you!</p>
4th Grade	<p>Mindful Monday is all about taking time for your mental health. Pause, take a break, and focus on breathing.</p> <p>Try this: Today our breathing goal is to notice our distractions and send them away. Find a comfortable seated position and begin inhaling deeply and exhaling completely. As you are breathing, if you become distracted, that's ok. Simply tell that distraction to float away and then refocus on your breathing. Try this 4 times today.</p> <p>You can also try a <a href="#">Guided Body Scan Meditation</a></p>	<p>Tasty Tuesday is all about eating healthy! Eating balanced, healthy meals will help our bodies stay strong and fight sickness!</p> <p>Try this: Macronutrients are the most important nutrients found in the foods we eat. They are protein, carbohydrates, and fats. Read the nutrition facts label on one of your favorite foods. This might be cereal, a snack, or a packaged food. Find out how many grams of protein, carbohydrates, and fat are in one serving. Compare these results to another type of food.</p> <p>Learn more about <a href="#">macronutrients!</a></p>	<p>Wellness Wednesday is all about making healthy personal choices! Personal health looks different for all people so choose one healthy habit from the menu below and complete it today!</p> <ul style="list-style-type: none"> <li>● Wash your hands regularly with soap and warm water</li> <li>● Brush teeth two times and floss once</li> <li>● Get 9-10 hours of sleep</li> <li>● Get less than 2 hours of screen time</li> <li>● Take a mindfulness break</li> </ul>	<p>Thirsty Thursday is a day to think about what we drink! Our bodies need lots of water and healthy fluids to perform their best every day!</p> <p>Try this: Do you know how much water you drink every day? Do you know how much water your body NEEDS every day? Check out the <a href="#">Children's Water Consumption</a> chart to see how much water you need. Then measure how much water you drink today to see if you're getting enough.</p> <p>Learn more about <a href="#">Sugar!</a></p>	<p>Family Fun Friday is all about making healthy choices as a family! Meaningful connections with family and friends are a key component of strong mental health.</p> <p>Try this: Write a letter! Think of someone in your family that lives far away that you haven't seen recently. Pick up a pen or pencil and a piece of paper. Handwrite a letter to that person describing your favorite quarantine activities! Then stick it in an envelope and mail it to that person. They will love hearing from you!</p>
5th Grade	<p>Mindful Monday is all about taking time for your mental health. Pause, take a break, and focus on breathing.</p> <p>Try this: Today our breathing goal is to notice our distractions and send them away. Find a comfortable seated position and begin inhaling deeply and exhaling completely. As you are breathing, if you become distracted, that's ok. Simply tell that distraction to float away and then refocus on your</p>	<p>Tasty Tuesday is all about eating healthy! Eating balanced, healthy meals will help our bodies stay strong and fight sickness!</p> <p>Try this: Macronutrients are the most important nutrients found in the foods we eat. They are protein, carbohydrates, and fats. Read the nutrition facts label on one of your favorite foods. This might be cereal, a snack, or a packaged food. Find out how many grams of protein,</p>	<p>Wellness Wednesday is all about making healthy personal choices! Personal health looks different for all people so choose one healthy habit from the menu below and complete it today!</p> <ul style="list-style-type: none"> <li>● Wash your hands regularly with soap and warm water</li> <li>● Brush teeth two times and floss once</li> <li>● Get 9-10 hours of sleep</li> <li>● Get less than 2 hours of screen time</li> </ul>	<p>Thirsty Thursday is a day to think about what we drink! Our bodies need lots of water and healthy fluids to perform their best every day!</p> <p>Try this: Do you know how much water you drink every day? Do you know how much water your body NEEDS every day? Check out the <a href="#">Children's Water Consumption</a> chart to see how much water you need. Then measure how much water you drink today to see if you're getting enough.</p>	<p>Family Fun Friday is all about making healthy choices as a family! Meaningful connections with family and friends are a key component of strong mental health.</p> <p>Try this: Write a letter! Think of someone in your family that lives far away that you haven't seen recently. Pick up a pen or pencil and a piece of paper. Handwrite a letter to that person describing your favorite quarantine activities! Then stick it in an envelope and mail</p>

	<p>breathing. Try this 4 times today.</p> <p>You can also try a <a href="#">Guided Body Scan Meditation</a></p>	<p>carbohydrates, and fat are in one serving. Compare these results to another type of food.</p> <p>Learn more about <a href="#">macronutrients!</a></p>	<ul style="list-style-type: none"><li>• Take a mindfulness break</li></ul>	<p>Learn more about <a href="#">Sugar!</a></p>	<p>it to that person. They will love hearing from you!</p>
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