

Week of June 1<sup>st</sup>.

I hope everyone had a good week. The weather was beautiful last week. I am hoping that the warm, sunny weather got you outside, working hard on your Virtual Olympic activities. The Olympics continue through this week so continue to participate each day.

Below are a few activities you can try if you have chosen not to compete in the Olympics.

Healthy Food Scavenger Hunt: Look in your kitchen and find 5 healthy foods. Bonus if you find 1 from every food group.

Play a game of catch! Any ball or safe object will do. Focus on form. Step to your target and follow through. Challenge: after 3 successful catches take a step back.

Jumping Jack Challenge Throughout the day do 200 jumping jacks! You can do them in sets of 10, 20, 25, 50!

Go for a 20-minute walk with an adult family member or friend. Ask them to tell you a funny story or a fond memory.

I have also posted a June DEAM (Drop Everything And Move) calendar.

You will also find a link to some skipping tricks.

Have fun!