

Suggested activities for the week of May 25th.

Hi Everyone,

I hope you are all well and getting outside as much as you possibly can. I have heard that many of you worked hard to limit your screen time. Let's continue to work on this now that the weather is nicer.

I am hoping that you are practicing for the Virtual Olympics. Competition starts today, Monday, May 25th. Good luck to you all.

I would also like to challenge you to make a sensory path in your driveway. It can be similar to the sensory paths on the floor in the hallways at school or you can create one that is totally different, your unique creation.

Also, there is a new Mixed Routine for you to try. It is the last one that I will post but I encourage you to revisit them as they provide a good workout. After you have given Routine #3 a try, I am asking you to create your own Mixed Routine. I have posted an outline for you to follow. I would enjoy seeing what you create so email me the workout you make up for yourself and I will give it a try.

This is the last week of May so the final week for the activities on the May Calendar, Moving with a Purpose.