

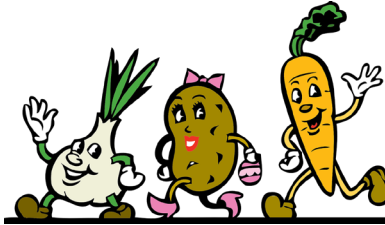
Choose your Adventure!

You've earned a break. Use your brain and body to take a break! Pick 3 Activities.

Hop on one foot 10 times. Hop on the other foot 10 times. Touch your toes 10 times.



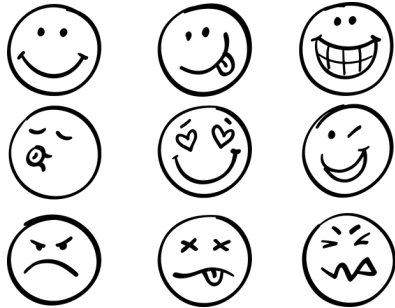
10 jumping jacks. 10 sit ups. Run in place for 10 seconds.



Sing your favorite song and make up a dance to go with it. Teach a family member the dance.



Draw a picture of how you are feeling. Find someone to share your



Make a list of 3 ways you can connect with friends and family, when you cannot see them.



With someone at home talk about 2 ways you can be a responsible community member.

