


June 2020



**Stay Safe* Stay Active* Stay Healthy **

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	31 <i>Healthy isn't a goal. It is a way of living.</i>	1 <u>Cha Cha Slide Plank Challenge</u> (clink above to link to Video)	2 Go for a walk with your family in your neighborhood.	3 <u>Bring Sally Up Squat Challenge</u> (clink above to link to Video)	4 <u>Jumping Jacks Challenge</u> How long will it take you to complete 100 Jumping Jacks?	5 Play catch with a family member.	6 <i>When it rains, look for rainbows, when it's dark, look for the stars.</i>
9	7 <i>Nothing is impossible. The word itself says "I'm possible."</i>	8 <u>Jump Rope Challenge</u> Can you skip for a full minute?	9 <u>Thunderstruck Workout</u> Turn on the song Thunderstruck by ACDC. Do Jumping jacks throughout the song. When you hear "Thunderstruck" you will SQUAT.	10 Participate in 30 minutes of physical activity of your choice.	11 <u>Roxanne Workout</u> Turn on the song Roxanne by The Police. Do a Burpee each time you hear "Roxanne"	12 Practice your jumping. How far can you jump? Measure out a distance and try to beat it.	13 <i>Sometimes what we call "failure" is really just that necessary struggle called learning.</i>
10	14 <i>All things are difficult before they are easy.</i>	15 Go outside and run around your house 3 times. Time yourself against a family member.	16 Create a fun game to play with your family members.	17 <u>Learn to Juggle</u> Use 3 rolled up socks to juggle with.	18 <u>Yoga day</u> Search Yoga with Adriene on Youtube and choose a video of choice.	19 ENJOY Your SUMMER 	20 <i>Believe that you can and you are half way there.</i>