Brains & Bodies

Try these bonus activities!

Spot a bee, **THEN** buzz around, zig-zagging like the bee to a growing plant and back to where you started, **just**

See a body of water, **THEN** try to do the worm **5** times!

Spot a flag, **THEN** do **10** arm circles forward, and **10** arms circles backwards!

Find something teal, **THEN** do **14** shoulder shrugs!

Find something circular, **THEN** play ring around the rosie until you all fall down **2** times!

Find something large, that needs water to survive, **THEN** march in place **9** times!

Listen and wait until you hear a bird chirping a song, **THEN** do the chicken dance **3** times!

Find something that starts with the letter “C” **THEN** move your body into the shape of a “C” and back **7** times!

Find a spiderweb, **THEN** balance on one foot for **16** seconds!

See something bumpy, **THEN** touch your toes **11** times!

Spot a feather, **THEN** do **12** heel raises!

Find a flying bug, **THEN** do the butterfly stretch **6** times!

Find something you didn’t expect to see, **THEN** flap your arms like they’re wings **14** times!

Express gratitude - write a thank you note (draw or color a picture) to show your appreciation for someone (mailman, a relative or a friend).

Plant something: as a family, plant a tree, bush, flower. Notice how the item needs nourishment, care, and support from others to grow, just like we as people need from our family in order to grow.

No matter what you do, keep your brain and body active this summer!

July 2020 Edition

Brains & Bodies

Try these bonus activities!

Express gratitude - write a thank you note (draw or color a picture) to show your appreciation for someone (mailman, a relative or a friend).

Plant something: as a family, plant a tree, bush, flower. Notice how the item needs nourishment, care, and support from others to grow, just like we as people need from our family in order to grow.

No matter what you do, keep your brain and body active this summer!

July 2020 Edition

Brains & Bodies

Try these bonus activities!

Express gratitude - write a thank you note (draw or color a picture) to show your appreciation for someone (mailman, a relative or a friend).

Plant something: as a family, plant a tree, bush, flower. Notice how the item needs nourishment, care, and support from others to grow, just like we as people need from our family in order to grow.

No matter what you do, keep your brain and body active this summer!

July 2020 Edition