

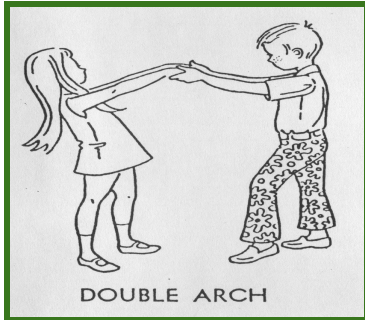
PE/Arts Education BINGO (0522) (Offline)

You choose if these are daily activities or to be accomplished during the week. Whatever you choose to do, give yourself a positive affirmation for your participation!

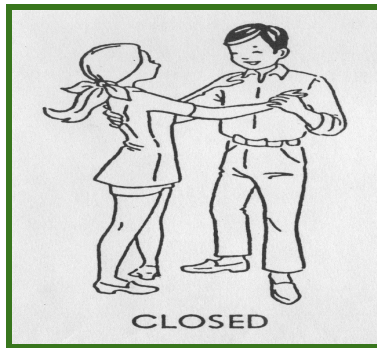
Please use this copy digitally :)

Dance with Somebody!

Start with:

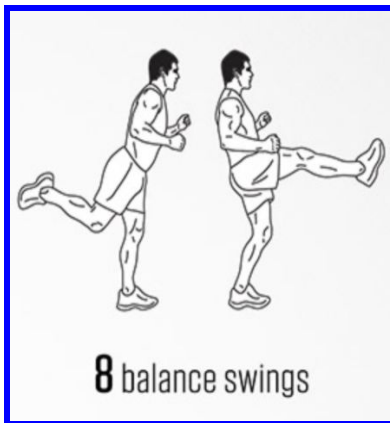


And move into:



Hop to it !

Clean the kitchen, then hop to it... Well over it for safety reasons!!



One leg and then the other!

Scavenger Hunt

For every item that is on the floor of your bedroom, complete 5 squats.



Two days later, it's 10 squats for every item that is not in the closet or dresser !

At 9:23am turn the radio to your favourite station, **sing out loud** and dance!

"Together We Dance !"



Dabbling!

Elbow to Knee or Knee to Elbow



Stay steady on that leg that has a slight bend.
Touch one side, then the other

Repeat 10 times

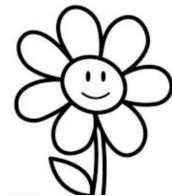


Soothing Thoughts

When sad, or frustrated, what do you say to yourself?
Did you say, "Be Brave"? Or did you think of being in your favourite place.

These are soothing thoughts.
Write them down, and post them.

Drawing No paper required !



Ask a family member to play this game with you. Take your first finger and draw a letter or an object on their back.

Can they guess what you've created?

What else can you create?