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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 4  **Commercial Break:**  Do as many **Jumping Jacks** as you can do during a commercial break! Have a family member join you.  Use the magic words please and thank you ☺ | 5  **Toss a stuffed animal** **or Paper ball** in the air 50 times and catch it. | 6  **Practice Jump roping** for 5 minutes. If you don’t have one use an imaginary jump-rope.  Give someone you love a big hug☺ | 7  **Play catch** with a parent or sibling for 5 minutes. (Use a paper, hand towel, sock, or anything you can use to practice.)Throw like a baseball/football player using the overhand throw/ | 8  **Fun Friday**  Play your favorite music and dance.  Help around the house and do chores☺ |
| 11  **Progression Monday**: Jog in place for one minute when you wake up.  Tell your family something that you are thankful for. | 12  **Star Jumps**  Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat | **13**  **Bear Crawls**  Move like a bear and crawl for 60 seconds.  Talk to someone about your favorite thing to do. | **14**  **Dribble a ball**  Drop a ball and catch it. Dribble a ball with two hand. Dribble a ball with each hand. | 15  **Hopping**  How many times can you hop in 60 seconds?  Say to yourself “I matter and I can do all things.” |
| 18  **Crawl Like a Seal**  Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.  Say something nice to someone. | 19  **Jump, Jump**  Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice. | 20  **Skip, Skip, Skip**  Skip around in open space to your favorite song for 60 seconds.  Tell someone “you are awesome.” | 21  **Ride your horse**  Move around the house and gallop to your favorite song. | 22  **Basketball Star**  Slide your feet like a basketball player for 60 seconds.  Do something that is fun. |
| 25  **Wake and Shake**  As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times. | 26  **Wild Arms**  As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof’s Repeat 3x | 27  **How fast can you go?**  Pick a distance and see how fast you can run/walk the distance.  Make someone smile☺ | 28  **Leap**  Use your imagination leap across the river from the lily pads. | 29  **Pick your favorite activity for the month of May and repeat it.**  Tell your family something that you are thankful for. |