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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.  |