**ABC activities students can do at home**

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| A – Airplane Pose – Arms down, body up and one leg back in the air |
| B – Boat pose – Balance on bottom & butterfly pose - soles together |
| C – Cat Pose – feet and hands down with one leg up & bottom up |
| D – Downward Dog – Both hand and feet down & bottom up |
| E – Elephant Pose – Bend over and clasp hands and sway arms |
| F – Frog Jumps – Squat down and jump up pushing up with hands |
| G – Giraffe Pose – reach up with arms and go up and down on toes |
| H – Hop on foot for ten seconds and switch |
| I – Inchworm pose - Move body from push - up position to down dog |
| J – Jumping Jacks – see how many you can do |
| K - Knee hockey – be on the floor on your knees and use something round and make goals and play with a sibling |
| L – Lion Pose – Lie on belly and raise upper body |
| M – Make a ball out of newspaper/paper |
| N – Nutritious snack |
| O – Outside Time - Try to get outside time to get some sun & Vit. D |
| P – Push –ups – See how many push-ups you can do: K - 2 A,B,C |
| Q – Quiet Time – Try to meditate for 5 minutes a day |
| R – Run in place for one minute |
| S – Ski Jumps – Place feet together and jump side to side 20 times |
| T- Throw a ball to self or family member |
| U – Up and down stairs – walk up and down stairs ten times |
| V – Vegetables – Try to eat at least three vegetables a day |
| W – Water – Drink plenty of water per day |
| X – Be Extra nice to family members |
| Y – Try to be the best **you** can be |