Equipment:
✓ Whiteboard and markers

DIY Equipment:
Don't have the equipment needed? Use any piece of paper and pen instead!

Get Ready!
Review or write down the lyrics for Healthy Week

Instructions:
1. Each day of the week has a different movement. When you sing the name of the movement, complete the movement before moving on to the next verse.

Health Week Song Lyrics (to the tune of the “12 Days of Christmas”)
“On the (day of the week) of good health my friends did with me…”

Monday- “one big breath that gives us energy”
Tuesday- “two forward lunges”
Wednesday- “three overhead reaches”
Thursday- “four forward kicks”
Friday- “five jumping jacks”
Saturday- “six vertical jumps”
Sunday- “seven deep squats”

Family Talking Points:
Discuss together and write or draw your answers in the space provided.
Today you worked on stretching and improving your flexibility. Where do you feel a stretch when you bend over and touch try to touch your toes?

How do you stretch the back of your arms?

For more fun activities visit: https://extension.oregonstate.edu/bepa