

Greetings Students and Families,

I hope you all are well and making the best of the situation at hand.

Keeping connected, positive, and active will certainly help everyone get through these days apart!

Here are some exercises and activities you can do daily to keep your mind and body fit while at home. Weekly assignments, additional activities, resources, and links are posted in the tabs on my home page. Email me at wendy.huddleston@slps.org to let me know how and what you are doing to keep fit and healthy during our virtual learning time!

Exercises

20 Arm Circles
20 Butterflies
20 Leg stretches/toe touches
20 count Superman Swim
20 count Planks
20 Windmills
20 Cross Marches
20 Leg Squats
20 Jumping Jacks or Pogo Jumps

Activities

Play Musical Chairs
Dance to your favorite music
Create/Do a Family Scavenger Hunt
Create/Do an Exercise Bingo Sheet
Take a Walk, Jog, or Sprint
Make a Healthy Meal with Your Family
Keep a Fitness and Healthy Meals Journal
Keep and maintain a healthy bedtime/sleep schedule
Keep in Touch with Family & Friends via Voice or Skype Phoning. See how they are doing and ask what they are doing to keep active!

Parents~ Please supervise and support your child when engaging in the exercises and activities suggested during these days at home. Please remember that keeping daily routine and a schedule is healthy for children (and adults). Aim to establish routines and times for exercise, health and fitness activities, academics, and family time each day. Be consistent as that is what makes routine. And routine allows children to thrive!

Students~ I am thinking of you all and look forward to seeing you all at school just as soon as we can! Remember to be kind, be safe, play fair, and have fun!

Warm & Well Wishes,
Ms. Huddleston