

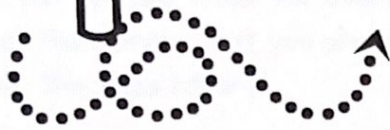
# September



# Choice Menu

<p>Jog in place while signing the ABC's (do it twice if you can!)</p>	<p>Retell a story you read in class while doing jumping jacks!</p>	<p>Play a tag game outside with your friends and/or family.</p>
<p>Go outside and kick a ball around with a friend or family member.</p>	<p>Choose five different animals (example: snake) act out how that animal moves. Have someone try to guess what animal you are!</p>	<p>Get your sight words or spelling words! As you spell, hop or jump for every letter!</p>
<p>Play with a partner (or pretend) who is the "dragon"! Pretend you are being chased!</p>	<p>Play freeze dance! Keep dancing until the music stops. When it does, you must freeze!</p>	<p>Blow up a balloon or play with a light ball. You must keep the ball up in the air for as long as you can!</p>

# September



## Choice Menu

Put on some music. Have a dance party for as long as you can!

Name Exercise:  
Do a different exercise for each letter of your name! For example:  
S: sit ups  
A: jumping jacks  
M: march in place  
M: jog in place  
Y: lunges

Pirate Game:  
Go outside.  
Pretend you are a pirate looking for buried treasure!

Dog Walker:  
If you have a dog, take them for a walk with an adult. If you don't have a dog, bring a stuffed animal for a walk!

Cat and Mouse:  
One person is "it", that person is the cat! The other players are mice. If the cat tags a mouse, they become "it"!

Story challenge:  
Have a friend or family member read you a story. As they read to you, do some exercises!

Jump Rope Challenge:  
Jump rope while you say the letters of the alphabet. Do it twice if you can!

Olympian:  
Pretend you are an olympian! Choose a sport, go outside and play, but pretend you are competing and that there is an audience!

Made up Game:  
Get a ball. Go outside and make up your very own game!

# SEPTEMBER WEEKLY TICKETS

Directions: Cut out one ticket for every activity you did for the week (6 at the most!)  
Write down the activity that you choose for that day! Hand them in to your teacher to be entered into the prize lottery!

**SEPTEMBER WEEK 1**

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