






SPARK Assignments April 6- April 10, 2020

Monday 4/6	Tuesday 4/7	Wednesday 4/8	Thursday 4/9	Friday 4/10																																																		
<p>Warm-up:</p> <ul style="list-style-type: none"> • Jog in place for 1 min • Stretch (stretches attached) 	<p>Warm-up:</p> <ul style="list-style-type: none"> • Jumping jacks for 1 min • Stretch (stretches attached) 	<p>Warm-up:</p> <ul style="list-style-type: none"> • High knees for 1 min • Stretch (stretches attached) 	<p>Warm-up:</p> <ul style="list-style-type: none"> • Butt kickers for 1 min • Stretch (stretches attached) 	<p>Warm-up:</p> <ul style="list-style-type: none"> • Jog in place for 1 min • Stretch (stretches attached) 																																																		
<p>Workout: Flip a coin work out Nickel (5 times)</p>	<p>Workout: Flip a coin work out Dime (10 times)</p>	<p>Workout: Flip a coin work out Quarter (25 times)</p>	<p>Workout: Flip a coin work out Dime (10 times)</p>	<p>Workout: Flip a coin work out Nickel (5 times)</p>																																																		
																																																						
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Beginning Stretches



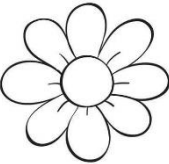
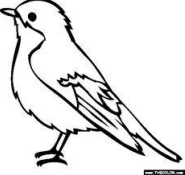



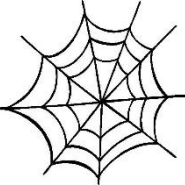
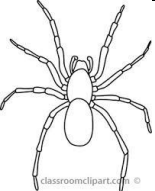

Hold each stretch for 10 seconds on each side



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Nature Walk

Look for each object, circle yes if you find it or no if you don't.

	Tree Yes or No		Butterfly Yes or No
	Flower Yes or No		Bird Yes or No
	Tracks Yes or No		Leaf Yes or No
	Bee Yes or No		Web Yes or No
	Spider Yes or No		Squirrel Yes or No

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The following is a link that explains the importance of yoga and how it can reduce children's anxiety and stress and can also promote a sense of calmness.

<https://yogamedicine.com/yoga-kids-stress-control/>