

Monday 3/30	Tuesday 3/31	Wednesday 4/1	Thursday 4/2	Friday 4/3
<i>What's your name? Workout</i> Spell out your FIRST name and complete the exercise listed for each letter.	<i>What's your last name? Workout</i> Spell out your LAST name and complete the exercise listed for each letter.	<i>What's your middle name? Workout</i> Spell out your middle name and complete the exercise listed for each letter.	<i>What's your school name? Workout</i> Spell out your school name (Ganado) and complete the exercise listed for each letter.	<i>What's your school mascot's name? Workout</i> Spell out your school mascot's name (Hornets) and complete the exercise listed for each letter.
A- Jump up and down 10 times		N- Crawl like a crab for a count of 10		
B- Hop on one foot 5 times		O-bend down and touch your toes 20 times		
C- Do 10 jumping jacks		P-Flap your arms like a bird 25 times		
D- 20 high knees		Q- Jump up and down 10 times		
E- 10 squats		R- Hop on one foot 5 times		
F- 10 arm circles		S- Do 10 jumping jacks		
G- 15 second jog in place		T- 20 high knees		
H-10 butt kickers		U- 10 squats		
I- 10 pushups		V- 10 arm circles		
J- 10 sit ups		W- 15 second jog in place		
K- Hop like a frog 8 times		X-10 butt kickers		
L- Balance on your left foot for a count of 10		Y- 10 pushups		
M-Pretend to jump rope for a count of 20		Z-10 sit ups		

Ms. Ben

Healthy Snack Idea



Apple Slice Cookies

Apple cookies are healthy and delicious which makes them the perfect snack for kids! All you need to make apple cookies is an apple, peanut butter and some chocolate chips or you can use other toppings such as almonds.

1. Spread peanut butter on top of the apple slice.
2. Next sprinkle with chocolate chips or topping of choice
3. Serve and enjoy!