

April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Let's "spring" into April by getting active! Complete one activity each day and check it off when you have finished. Have fun 😊</p>						
			<p>1 Dance to one of your favourite songs.</p> 	<p>2 How long does it take you to do 100 jumping jacks?</p>	<p>3 Play basketball using a pair of socks and a laundry basket.</p>	<p>4 Go for a walk with your family around your neighborhood.</p> 
<p>5 Jump rope. Can you skip for a full minute?</p> 	<p>6 Test your balance- Stand on one foot and put the other out to the side as you hold a star pose. Don't forget to try the other side.</p>	<p>7 Practice yoga poses for at least 10 minutes.</p> 	<p>8 Create a scavenger hunt and then complete it.</p>	<p>9 Turn off the T.V. for the whole day and find something active to do!</p>	<p>10 Try the following activities 3x for 30-60 seconds each -Run -Skip -Jumping jacks</p>	<p>11 Use some chalk or tape to create a hopscotch and then play!</p> 
<p>12 Go for a bike ride.</p>	<p>13 Play catch with a family member.</p> 	<p>14 Make up your own healthy activity today!</p>	<p>15 Play charades.</p>	<p>16 Read a book while doing a wall sit.</p>	<p>17 Play a game of hide and seek.</p>	<p>18 Build a fort either inside or outside your home.</p>
<p>19 Participate in 30 minutes of physical activity.</p>	<p>20 Practice your juggling and hacky sack skills using different items found around the house.</p>	<p>21 Grab a balloon. How long can you keep it up in the air?</p>	<p>22 Try the following for 30-60 seconds each: Crunches Push-ups Squats</p>	<p>23 Go for a 20-minute walk with your family.</p>	<p>24 Practice your jumping. How far can you jump?</p>	<p>25 Create your own obstacle course.</p>
<p>26 Make your own bowling alley with things around your house.</p> 	<p>27 Hold a plank while spelling your full name backwards twice.</p>	<p>28 Run around your house 3 times.</p> 	<p>29 Crab walk from the kitchen to your bedroom.</p>	<p>30 Pick your favourite activity and do it again.</p>		