

# WELLNESS WEEK CHALLENGE

Go For It!

Bring a fruit or vegetable in your lunch box	Do something nice for someone else	Yoga: <u>Chair stretches</u>	Dance Break: <u>Just Mario</u>	Listen to <u>Bucket Filling Song</u>
Relaxation music: <u>Dolphin Dance</u>	Wiggle Break: <u>Isty Bitsy Spider</u>	Smile at everyone you see	Say hi to someone you don't know as well	Dance Break: <u>The Gummy Bear Song</u>
Shake break: <u>Shake Break</u>	Dance Break: <u>Dynamite</u>	Dance Break: <u>Koo Koo Kangaroo Dinosaur Stomp</u>	Relaxation music: <u>Rainforest</u>	Breathing exercises: <u>Humming breath</u>
Pencil jumps Place a pencil on the floor and jump on both sides of it.	Play : Simon Says Stretching is the goal	Dance: <u>Whip my hair</u>	Take a whole class water break	Dance break: <u>Backyardigans: I gotta feeling</u>
Dance Break: <u>Continental drift</u>	Dance Break: <u>Despicable Me</u>	Take a walk	Sing Break: Will.i.am <u>What I am</u>	Say thank you to someone