

## FRSD Distance Learning: K-5



Hello FRSD K-5 families! As we move forward with our new distance learning format, we hope to partner with you to make this transition as smooth as possible. We know that this is a stressful time for our students and we want to be sensitive to their (and your) needs. As such, at this time distance learning at the K-5 level is being rolled out slowly, with all of our families being considered.

A paper packet will be available via the links below, each Monday which will include a weekly lesson plan as well as work from both our ELA and Math curricula. Alternately, packets will be available for pickup on Mondays at the school. Teachers will be reaching out to you at least once weekly regarding the progress of your student in their classwork. Also available to families are the online supplemental resources linked to via the COVID-19 link on the FRSD webpage under "Supplemental Learning". Please reach out to your teacher with any questions, concerns, or feedback going forward. If the school closure is extended beyond the current timeline, we will reassess our plans as needed. Thank you for your continued partnership in your child's education!



### Contact Information:

1. Teachers will be available from 8:00-4:00 each day.
2. If you are unable to reach a teacher for some reason, leave a message or send an email and they will get back to you within 24 hrs.
3. Please know that many of our teachers will be using Google Voice- this number may look unfamiliar when they call you



### Differentiation/Extension/Supports:

1. We understand that you may need to provide your child with extra support or extension activities during this time.
2. If you are unable to access the online Differentiation/Extension document online, please communicate with your child's teacher for more ideas



### FRSD Meal Plan:

1. FRSD is providing free meals (sack lunch & breakfast) to **anyone** 18 years or younger at the following locations in our community:
2. **VES Parking Lot:** Drive through from 11:00-12:30
3. There are 13 bus routes for meal delivery with a few stops per route. The stops/routes are listed here.
4. If you cannot make it to one of these locations and need meals delivered to your house please contact your school office by 8:00 AM of the day you need them delivered and let us know how many kids need a meal, your address and a phone number where you can be reached.



### Stay Informed:

Please remember to check the Fern Ridge School District webpage for updates.  
<https://www.fernridge.k12.or.us/>

**Jahnie Cleveland**    **E-Mail:** [jcleland@fernridge.k12.or.us](mailto:jcleland@fernridge.k12.or.us)    **Phone:** 541-325-6215

**Rachel Frede**    **E-Mail:** [rfrede@fernridge.k12.or.us](mailto:rfrede@fernridge.k12.or.us)    **Phone:** 541-362-4891

**Mike Guill**    **E-Mail:** [mguill@fernridge.k12.or.us](mailto:mguill@fernridge.k12.or.us)    **Phone:** 541-991-6364

**Kyle Moeller**    **E-Mail:** [kmoeller@fernridge.k12.or.us](mailto:kmoeller@fernridge.k12.or.us)    **Phone:** 907-831-2835

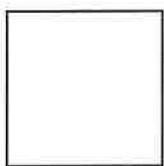
**WEEKLY MESSAGE from grade level teams: Hello families! Please let us know if you need anything as you navigate this week's assignments. We miss seeing all your smiling faces!**

Monday	Tuesday	Wednesday	Thursday	Friday
Assignments	Assignments	Assignments	Assignments	Assignments
<p><b>MATH-----</b></p> <ul style="list-style-type: none"> <li>Practice counting by threes to 30 either out loud or by writing each number.</li> <li>Complete "Day 1" problems on the Week #28 worksheet (Packet p.63).</li> <li>Complete Lesson 12 Homework (Packet p.158).</li> </ul> <p><b>READING-----</b></p> <p><i>This week's big idea: sequencing events.</i></p> <ul style="list-style-type: none"> <li>Read and discuss the Lesson 23 vocabulary words (Journeys p.268-269).</li> <li>Read this week's anchor text story: "The Journey of Oliver K. Woodman" (Journeys p.272-295).</li> </ul> <p><b>WRITING-----</b></p> <ul style="list-style-type: none"> <li>Brainstorm your response letter using the Write About Reading prompt (Journeys p.299).</li> </ul> <p><b>P.E.-----</b></p> <ul style="list-style-type: none"> <li>Log 30 minutes of physical activity.</li> </ul> <p><b>EXTENSIONS-----</b></p> <ul style="list-style-type: none"> <li>Find the area of your living room.</li> <li>Write each spelling word three times in your best handwriting.</li> <li>Read a book of your choice for 20 minutes.</li> </ul>	<p><b>MATH-----</b></p> <ul style="list-style-type: none"> <li>Practice counting by fours to 40 either out loud or by writing each number.</li> <li>Complete "Day 2" problems on the Week #28 worksheet (Packet p.63).</li> <li>Complete Lesson 13 Homework (Packet p.169).</li> </ul> <p><b>READING-----</b></p> <ul style="list-style-type: none"> <li>Complete Spelling Word Sort (Packet p.120).</li> <li>Complete The Special Verb Be (Packet p.128).</li> <li>Complete Connect to Writing (Packet p.130).</li> </ul> <p><b>WRITING-----</b></p> <ul style="list-style-type: none"> <li>Write a rough draft of your response letter using the Write About Reading prompt (Journeys p.299).</li> </ul> <p><b>P.E.-----</b></p> <ul style="list-style-type: none"> <li>Log 30 minutes of physical activity.</li> </ul> <p><b>EXTENSIONS-----</b></p> <ul style="list-style-type: none"> <li>Watch this skip counting video: <a href="http://www.youtube.com/watch?v=X7_MZ-waFM4">www.youtube.com/watch?v=X7_MZ-waFM4</a></li> <li>Find the area of your kitchen.</li> <li>Use each of your vocabulary words in a sentence. Draw a picture to go with each sentence.</li> </ul>	<p><b>MATH-----</b></p> <ul style="list-style-type: none"> <li>Practice counting by sixes to 60 either out loud or by writing each number.</li> <li>Complete "Day 3" problems on the Week #28 worksheet (Packet p.63).</li> <li>Complete Finding Side Length (Packet p.1).</li> </ul> <p><b>READING-----</b></p> <ul style="list-style-type: none"> <li>Reread this week's main selection story: "The Journey of Oliver K. Woodman" (Journeys p.272-295).</li> <li>Complete Reader's Guide - A Timeline of Oliver's Journey (Packet p.123-124)</li> </ul> <p><b>WRITING-----</b></p> <ul style="list-style-type: none"> <li>Proofread and edit your response letter. Focus on writing your best 7-10 sentences using:               <ol style="list-style-type: none"> <li>correct letter format</li> <li>proper capitalization</li> <li>proper punctuation</li> <li>strong word choice</li> </ol> </li> </ul> <p><b>P.E.-----</b></p> <ul style="list-style-type: none"> <li>Log 30 minutes of physical activity.</li> </ul> <p><b>EXTENSIONS-----</b></p> <ul style="list-style-type: none"> <li>Watch this skip counting video: <a href="http://www.youtube.com/watch?v=vnGYFWdEWZU">www.youtube.com/watch?v=vnGYFWdEWZU</a></li> <li>Find the area of your bathroom.</li> <li>Read a book of your choice for 20 minutes.</li> </ul>	<p><b>MATH-----</b></p> <ul style="list-style-type: none"> <li>Practice counting by sevens to 70 either out loud or by writing each number.</li> <li>Complete "Day 4" problems on the Week #28 worksheet (Packet p.63).</li> <li>Complete Lesson 15 Exit Ticket (Packet p.193).</li> </ul> <p><b>READING-----</b></p> <ul style="list-style-type: none"> <li>Complete The Suffixes -ful, -ly, and -er (Packet p.126).</li> <li>Complete Suffixes -er, -est (Packet p.127).</li> <li>Read a book of your choice for 20 minutes.</li> </ul> <p><b>WRITING-----</b></p> <ul style="list-style-type: none"> <li>Write or type a polished final copy of your response letter. Make sure you make the changes from your editing and proofreading.</li> </ul> <p><b>P.E.-----</b></p> <ul style="list-style-type: none"> <li>Log 30 minutes of physical activity.</li> </ul> <p><b>EXTENSIONS-----</b></p> <ul style="list-style-type: none"> <li>Watch this skip counting video: <a href="http://www.youtube.com/watch?v=KShtV8sezWS">www.youtube.com/watch?v=KShtV8sezWS</a></li> <li>Read this week's informational text story: "Moving the U.S. Mail." Then, choose one of the Compare Texts writing tasks to do (Journeys p.300-303).</li> </ul>	<p><b>MATH-----</b></p> <ul style="list-style-type: none"> <li>Time yourself as you count by threes, fours, sixes, &amp; sevens. Repeat this a few times and see how much you improve!</li> <li>Complete Week #28 Assessment (Packet p.64).</li> </ul> <p><b>READING-----</b></p> <ul style="list-style-type: none"> <li>Use your textbook to complete Lesson 23 Comprehension Test (Packet p.28-29). For each answer, write the page number where you found the text evidence in the story.</li> <li>Have an adult give you a spelling test on this week's spelling words.</li> </ul> <p><b>WRITING-----</b></p> <ul style="list-style-type: none"> <li>Add an illustration to your response letter. Then, share your work with someone in your family!</li> </ul> <p><b>P.E.-----</b></p> <ul style="list-style-type: none"> <li>Log 30 minutes of physical activity.</li> </ul> <p><b>EXTENSIONS-----</b></p> <ul style="list-style-type: none"> <li>Browse and explore the website <a href="http://www.historyforkids.net/">www.historyforkids.net/</a></li> <li>Draw a picture of something outside that is "alive." Label its parts to make your picture into a diagram.</li> </ul>

Name \_\_\_\_\_

Day 1

Divide the square into sixths and shade the pieces to show  $\frac{1}{6}$ .

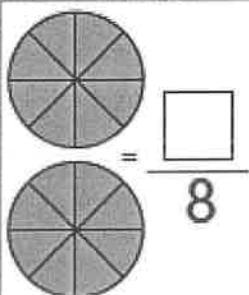


Write the missing numbers to complete the pattern.  
89, 85, 81,  
\_\_\_\_\_,  
\_\_\_\_\_,  
\_\_\_\_\_

$1 \times 8 =$  \_\_\_\_\_

$7 \times 8 =$  \_\_\_\_\_

$12 \div 3 =$  \_\_\_\_\_



Divide the rectangle into sixths. Label each sixth with an appropriate fraction.



Joseph earns \$4 a day for 7 days for doing household chores. Each day his mom takes out \$2 and puts it into a savings account for Joseph. How much money does Joseph get to keep?

Day 2

Divide the number line into sixths.



Label the fractions  $\frac{1}{6}$  and  $\frac{5}{6}$ .

Day 3

$40 \times 1 =$  \_\_\_\_\_

$40 \times 9 =$  \_\_\_\_\_

$60 \times 1 =$  \_\_\_\_\_

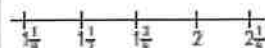
Use the information below to fill in the line plot.

$\frac{1}{9} \text{ in} = 2$

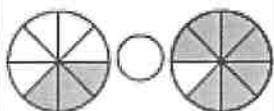
$\frac{1}{2} \text{ in} = 1$

$2\frac{1}{4} \text{ in} = 4$

Ladybugs in the Jar



Write  $<$ ,  $>$ , or  $=$  to make the statement true.



John runs 3 miles 3 times every week. How many miles does John run in 6 weeks?

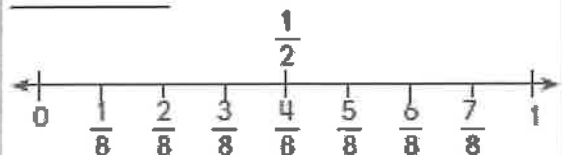
Round each number to the nearest 10. Then, add.

$212 + 87$  is about \_\_\_\_\_

Jill has 45 candies. She wants to put the candy equally into 9 bags. How many candies does Jill need to put in each bag?

Day 4

Are the fractions  $\frac{1}{4}$  and  $\frac{3}{8}$  equivalent?




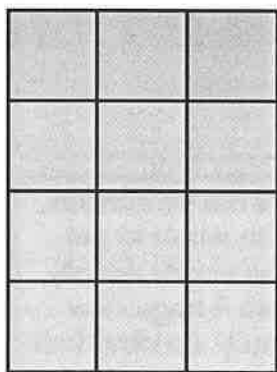
Name two fractions on the number line that are equivalent.

Name \_\_\_\_\_

Date \_\_\_\_\_

1. A square calendar has sides that are 9 inches long. What is the calendar's area?

2. Each  is 1 square unit. Sienna uses the same square units to draw a  $6 \times 2$  rectangle and says that it has the same area as the rectangle below. Is she correct? Explain why or why not.



3. The surface of an office desk has an area of 15 square feet. Its length is 5 feet. How wide is the office desk?

Name \_\_\_\_\_

Date \_\_\_\_\_

1. Each of the following figures is made up of 2 rectangles. Find the total area of each figure.

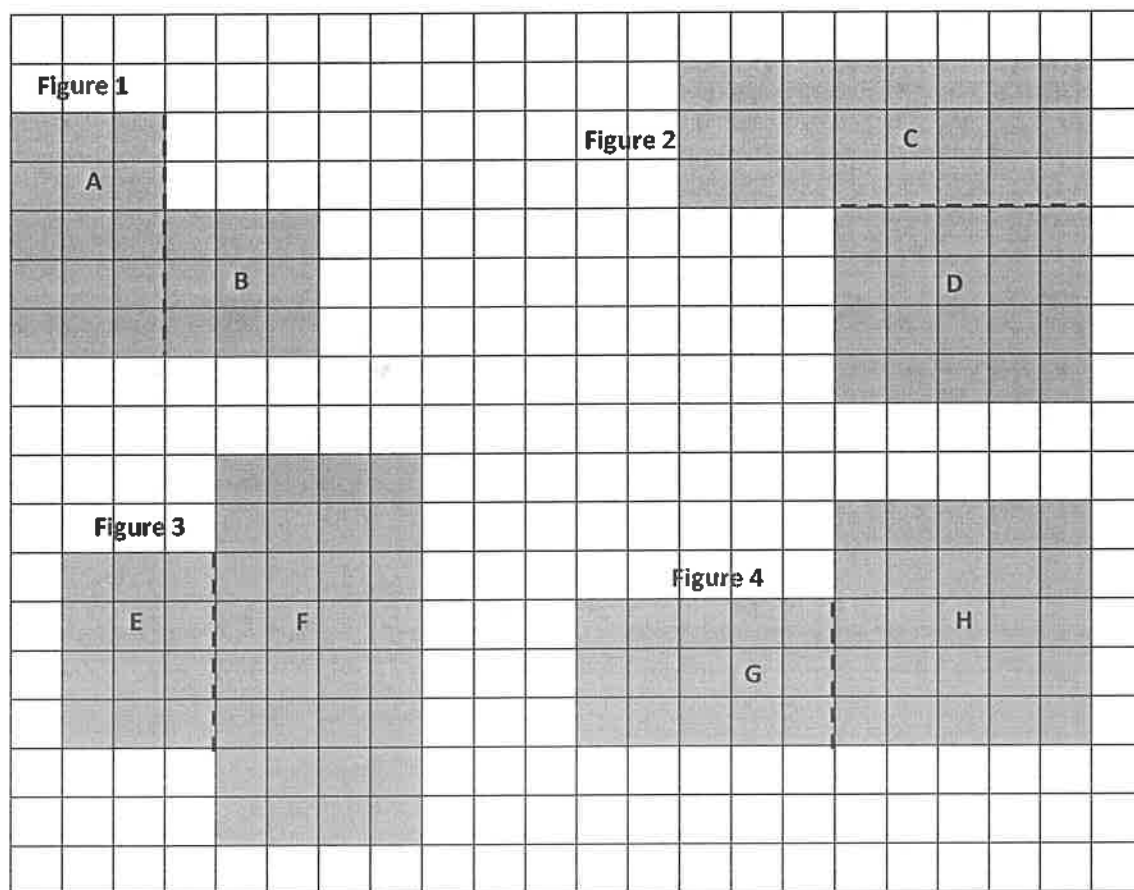


Figure 1: Area of A + Area of B: \_\_\_\_\_ sq units + \_\_\_\_\_ sq units = \_\_\_\_\_ sq units

Figure 2: Area of C + Area of D: \_\_\_\_\_ sq units + \_\_\_\_\_ sq units = \_\_\_\_\_ sq units

Figure 3: Area of E + Area of F: \_\_\_\_\_ sq units + \_\_\_\_\_ sq units = \_\_\_\_\_ sq units

Figure 4: Area of G + Area of H: \_\_\_\_\_ sq units + \_\_\_\_\_ sq units = \_\_\_\_\_ sq units

Name \_\_\_\_\_ Date \_\_\_\_\_

**Lesson 23**  
READER'S NOTEBOOK

**The Journey of  
Oliver K. Woodman**  
Spelling:  
The Suffixes *-ful*, *-ly*, and *-er*

# Spelling Word Sort

Write each Basic Word under the correct heading.

Words that End with the Suffix <i>-ful</i>	Words that End with the Suffix <i>-ly</i>
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
<b>Words that End with the Suffix <i>-er</i></b>	
_____	_____
_____	_____
_____	_____

## Spelling Words

### Basic

1. singer
2. loudly
3. joyful
4. teacher
5. fighter
6. closely
7. powerful
8. farmer
9. quickly
10. careful
11. friendly
12. speaker
13. wonderful
14. truly

### Review

hopeful  
safely

### Challenge

listener  
calmly

**Review:** Add the Review Words to your Word Sort.

**Challenge:** Add the Challenge Words to your Word Sort.

# The Special Verb *be*

**The Journey of  
Oliver K. Woodman**  
Grammar:  
Spiral Review

- The verbs *am*, *is*, *are*, *was*, and *were* are forms of the verb *be*. They do not show action. They tell what someone or something is or was. *Am*, *is*, and *are* show present tense. *Was* and *were* show past tense.

The trip is fun.                      The trip was fun.

**Write the verb. Write *present* or *past* for each verb.**

1. The boys are tired of traveling. \_\_\_\_\_
2. We were away for one week. \_\_\_\_\_
3. I am ready to go on another trip. \_\_\_\_\_

**Combine two short sentences by moving one predicate to make one longer sentence with two predicates. Write the new sentence on the line.**

4. Father is a good driver. Father is tired of driving.  
\_\_\_\_\_
5. We are out of the car. We are ready to relax.  
\_\_\_\_\_
6. Mother and Jorge are happy. Mother and Jorge are in the house.  
\_\_\_\_\_

## Connect to Writing

**The Journey of  
Oliver K. Woodman****Grammar:**  
Connect to Writing

You can make your sentences smoother by replacing repeated possessive nouns with possessive pronouns. Make sure the possessive pronoun matches the possessive noun you replace.

Awkward Sentence	Smoother Sentence
My brother's favorite toy is my brother's wooden car.	My brother's favorite toy is his wooden car.
"My cousins' friends are going to my cousins' house," she said.	"My cousins' friends are going to their house," she said.

**Replace the underlined possessive noun with a possessive pronoun. Write the sentence.**

1. Lucy's favorite aunt is Lucy's Aunt Debra.  
\_\_\_\_\_
2. The family's first stop will be at the family's old house.  
\_\_\_\_\_
3. Jack let Lucy borrow Jack's headphones for the trip.  
\_\_\_\_\_
4. "Will Aunt Debra's new puppy be at Aunt Debra's house?" Lucy asked.  
\_\_\_\_\_
5. Dad said, "Hand me Dad's car keys."  
\_\_\_\_\_

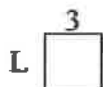




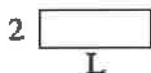
Determine the value of 'L'.

Answers

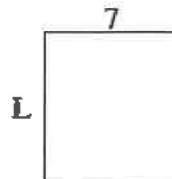
1) Area =  $9 u^2$



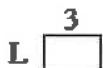
2) Area =  $12 u^2$



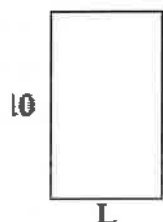
3) Area =  $56 u^2$



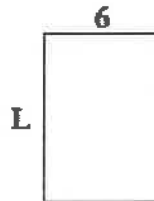
4) Area =  $6 u^2$



5) Area =  $60 u^2$



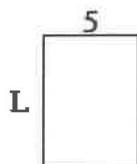
6) Area =  $54 u^2$



7) Area =  $20 u^2$



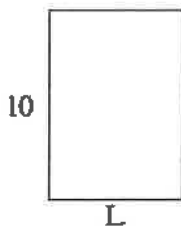
8) Area =  $35 u^2$



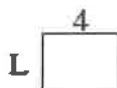
9) Area =  $40 u^2$



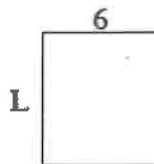
10) Area =  $70 u^2$



11) Area =  $12 u^2$



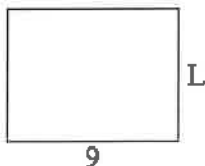
12) Area =  $42 u^2$



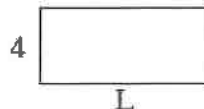
13) Area =  $14 u^2$



14) Area =  $63 u^2$



15) Area =  $36 u^2$



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

Name \_\_\_\_\_ Date \_\_\_\_\_

**Lesson 23**  
**READER'S NOTEBOOK**



**The Journey of  
Oliver K. Woodman**  
**Independent Reading**

# The Journey of Oliver K. Woodman

## A Timeline of Oliver's Journey



Oliver K. Woodman spent two months traveling from Uncle Ray's house to Tameka's house. First, use details from the text and illustrations to gather information. Then show Oliver's journey on a timeline.

**Read pages 274–278. According to Uncle Ray's second letter, when did Oliver K. Woodman begin his journey? Where did he start?**



---

---

**Read pages 279–280. When did Uncle Ray get news of Oliver again? Where was he?**

---

---

**Read page 281. When did Uncle Ray next hear about Oliver? Where was Oliver at that time?**

---

---

**Read page 282. When did Uncle Ray get news next? Where was Oliver?**

---

---

Name \_\_\_\_\_ Date \_\_\_\_\_

**Lesson 23**  
READER'S NOTEBOOK

**The Journey of  
Oliver K. Woodman**  
Independent Reading

**Read pages 286–287. Uncle Ray and Tameka thought Oliver was lost. When did Uncle Ray get news from Oliver? Where was Oliver?**

---

---

**Read pages 288–289. Where did Oliver end up next? When?**

---

---

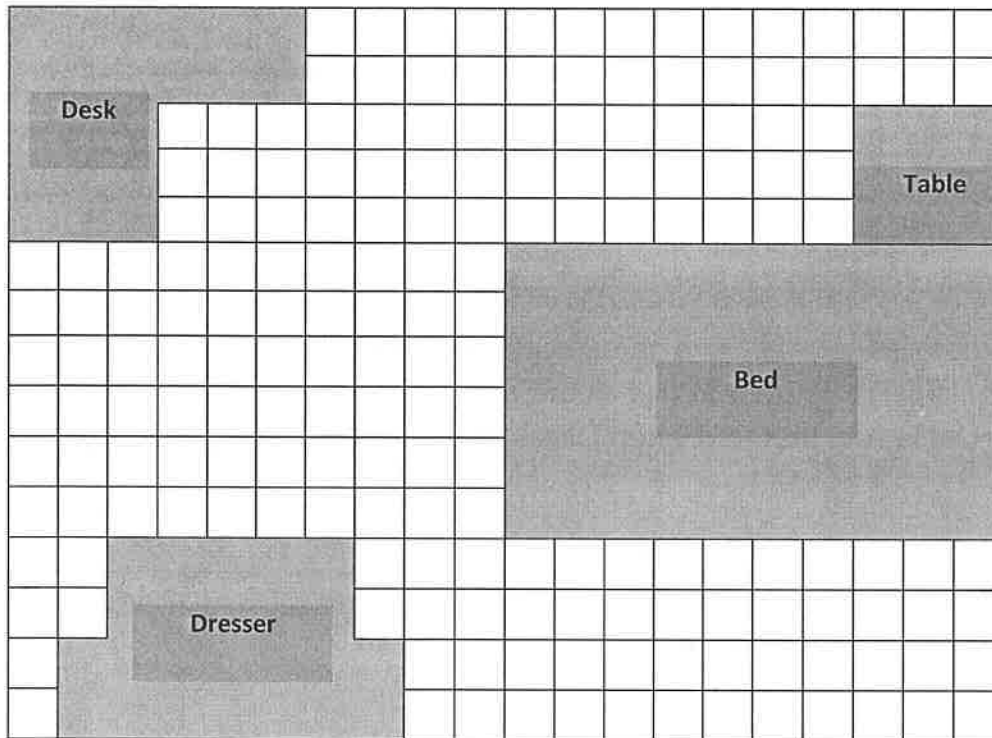
Now use the details that you have gathered to complete the timeline below. Remember to use all the dates from the letters to Uncle Ray that told when Oliver was in each place.

<u>Date</u>									
<u>Places</u>									

Name \_\_\_\_\_

Date \_\_\_\_\_

Jack uses grid paper to create a floor plan of his room. Label the unknown measurements, and find the area of the items listed below.



Name	Equations	Total Area
a. Jack's Room		_____ square units
b. Bed		_____ square units
c. Table		_____ square units
d. Dresser		_____ square units
e. Desk		_____ square units

Name \_\_\_\_\_ Date \_\_\_\_\_

**Lesson 23**  
READER'S NOTEBOOK

## The Suffixes *-ful*, *-ly*, and *-er*

**The Journey of  
Oliver K. Woodman**

**Spelling:**  
The Suffixes *-ful*, *-ly*, and *-er*

**Write a Basic Word to complete each sentence.**

1. A person singing in a choir is a \_\_\_\_\_.
2. If your friends yell during a game, they are playing \_\_\_\_\_.
3. A person who grows corn in the country is a \_\_\_\_\_.
4. If you run fast, you are moving \_\_\_\_\_.
5. If you are very happy, you are \_\_\_\_\_.
6. The person whose desk is in the front of your classroom is your \_\_\_\_\_.
7. Someone who is very strong is \_\_\_\_\_.
8. When you use scissors, you should be \_\_\_\_\_.
9. A person who smiles and asks you how you are feeling is \_\_\_\_\_.
10. If you are \_\_\_\_\_ sorry, you will make a sincere apology.

**Review:** Choose a Review Word that completes the sentence.

If you want something to happen, you are \_\_\_\_\_.

**Challenge:** Choose a Challenge Word. Use it in a sentence.

\_\_\_\_\_

### Spelling Words

#### Basic

1. singer
2. loudly
3. joyful
4. teacher
5. fighter
6. closely
7. powerful
8. farmer
9. quickly
10. careful
11. friendly
12. speaker
13. wonderful
14. truly

#### Review

hopeful  
safely

#### Challenge

listener  
calmly

Name \_\_\_\_\_ Date \_\_\_\_\_

## Suffixes *-er, -est*

Read the paragraph. Circle the words with the suffix *-er* or *-est*. Then write the words the suffixes were added to on the lines below.

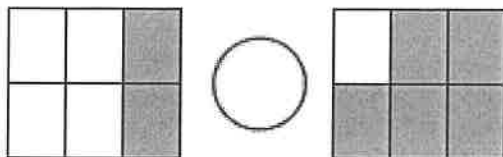
Saturday was the loveliest, sunniest day we have had during our car trip. The weather in San Francisco was colder than I had expected, though. We walked across the Golden Gate Bridge and met the kindest people. They were nice to take photos of us. Leaving San Francisco was harder than leaving Salt Lake City had been, but we were all happier when we thought about our next adventure.

1. _____	4. _____
2. _____	5. _____
3. _____	6. _____

Add the suffix *-er* or *-est* to create new words. Complete the sentence.

7. nice: Raymond Johnson is the \_\_\_\_\_ uncle in the world!
8. dark: The sky is \_\_\_\_\_ tonight than it was last night.
9. strange: This is the \_\_\_\_\_ trip I have ever taken!
10. young: My sister, Lucinda, is two years \_\_\_\_\_ than I am.

1. Write  $<$ ,  $>$ , or  $=$  to make the statement true.



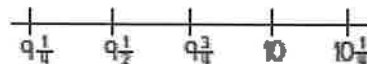
2. Use the information below to fill in the line plot.

Watches in the Store

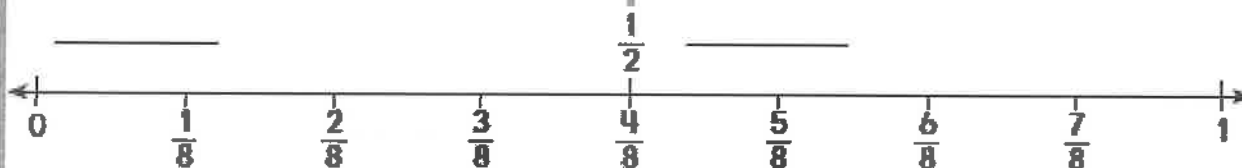
$$9 \frac{1}{4} \text{ in.} = 5$$

$$9 \frac{1}{2} \text{ in.} = 0$$

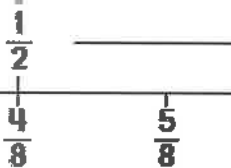
$$10 \frac{1}{4} \text{ in.} = 3$$



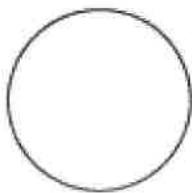
3. Are the fractions  $\frac{1}{2}$  and  $\frac{1}{8}$  equivalent?



4. Are the fractions  $\frac{2}{2}$  and  $\frac{8}{8}$  equivalent?



5. Divide the circle into eighths and shade the pieces to show  $\frac{3}{8}$ .



6. =  $\frac{\square}{3}$

7. Divide the number line into sixths.



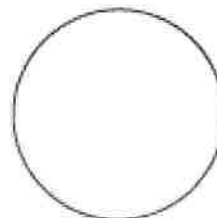
8. Label the fractions  $\frac{2}{6}$  and  $\frac{6}{6}$ .

9.  $15 \div 5 =$  \_\_\_\_\_

$56 \div 8 =$  \_\_\_\_\_

$9 \times 8 =$  \_\_\_\_\_

10. Divide the circle into thirds. Label each third with an appropriate fraction.



# Comprehension

**Answer Numbers 1 through 10. Base your answers on the story “The Journey of Oliver K. Woodman.”**

- 1 What did Tameka ask her uncle to do in her first letter?
  - A write a letter
  - B come for a visit
  - C take her to the rodeo
  - D build kitchen cabinets
- 2 Which of the following is MOST LIKELY true?
  - F that Oliver never met Uncle Ray
  - G that Uncle Ray never met Tameka
  - H that Tameka saw Uncle Ray every single day
  - I that Tameka and Uncle Ray had visited before
- 3 Which words help the reader understand how Tameka felt about Uncle Ray?
  - A “favorite uncle”
  - B “favorite niece”
  - C “couple of weeks”
  - D “left this morning”
- 4 What did Uncle Ray do before he put Oliver on the side of the road?
  - F He went to visit Tameka.
  - G He wrote a letter to “Traveler.”
  - H He built all of the kitchen cabinets.
  - I He wondered where Oliver could be.



- 5 Who was the FIRST person to give Oliver a ride?
  - (A) Cherry
  - (B) Tameka
  - (C) Jackson
  - (D) Bobbi Joe
- 6 What happened AFTER Oliver visited Cherry?
  - (F) He got a ride with Quinn's cousin's boyfriend's aunt.
  - (G) He did not say goodbye to Quinn's cousin's boyfriend's aunt.
  - (H) He went to a basketball game with Quinn's cousin's boyfriend's aunt.
  - (I) He went to Uncle Ray's house with Quinn's cousin's boyfriend's aunt.
- 7 What word BEST describes the language in Cherry's letter?
  - (A) formal
  - (B) informal
  - (C) sad
  - (D) serious
- 8 Which character wrote the MOST formal-sounding letter?
  - (F) Tameka Schwartz
  - (G) Bernard Grape
  - (H) Melissa Tso
  - (I) Bobbi Jo



# Physical Education

## ACTIVITY LOG

Kindergarten - 5th Grade

Use this activity log to track your physical activity minutes for 1 week. Have an adult put their initials next to each day that you complete 30 - 60 minutes. Do the warm-up, pick a fitness activity from the list, and do the cool down. (An example day is done for you).

Day	Warm-up	Fitness Activity	Cool Down	Total
<i>Example Day</i>	<i>Warm-up 5 Minutes</i>	<i>Family Hike 25 Minutes</i>	<i>Cool Down 5 Minutes</i>	<i>35 Minutes</i>
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

### Warm-up Routine

1. Grapevine around the house once or down the hall 5 times.
2. 10 jumping jacks.
3. Bear Crawl & count to 10.
4. Crab Walk & count to 10.

### Cool Down Routine

1. Sit with your legs straight out in front and reach for your toes, go slow and keep your legs straight.
2. Big, slow arm circles forward 5 times and backwards 5 times.
3. Pick 2-3 Yoga poses and count to 10.

### Fitness Activity Choices

Family Walk  
Jog Around The House  
Badminton  
Family Hike  
HIIT Workout (YouTube)  
Cosmic Kids Yoga (YouTube)  
Jump Rope  
Cup Stacking  
Bike Ride/ Scooter Ride  
Beach Body for Kids(online)

Tag Game  
Basketball Game  
Frisbee  
Yard Work  
Walk The Dog  
Soccer  
Zumba Kids (online)  
Build an Obstacle Course  
Outdoor Scavenger Hunt  
Playworks at Home(online)

Dance Party  
Croquet  
Play Catch  
Stack Wood  
Go Noodle (online)  
Wiffle Ball  
Jogging  
Build a Fort  
Juggling