

With Mr. Adrian tanner_adrian@ddsd40.org

Schedule:

- 1. Character Trait of the Week
- 2. Healthy Eating & Soup Ninja
- 3. This or That
- 4. Healthy living Tip

*If videos aren't working, double check you are using DD email while viewing

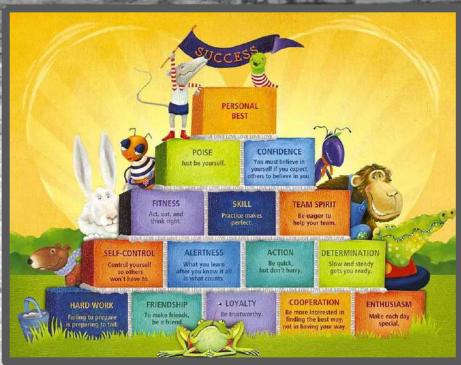


Character Trait of the Week:

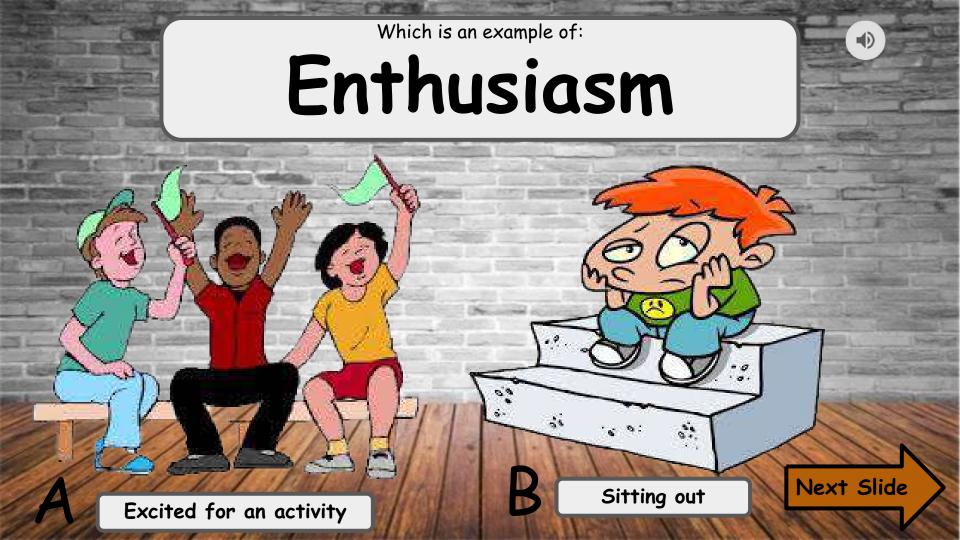
Enthusiasm

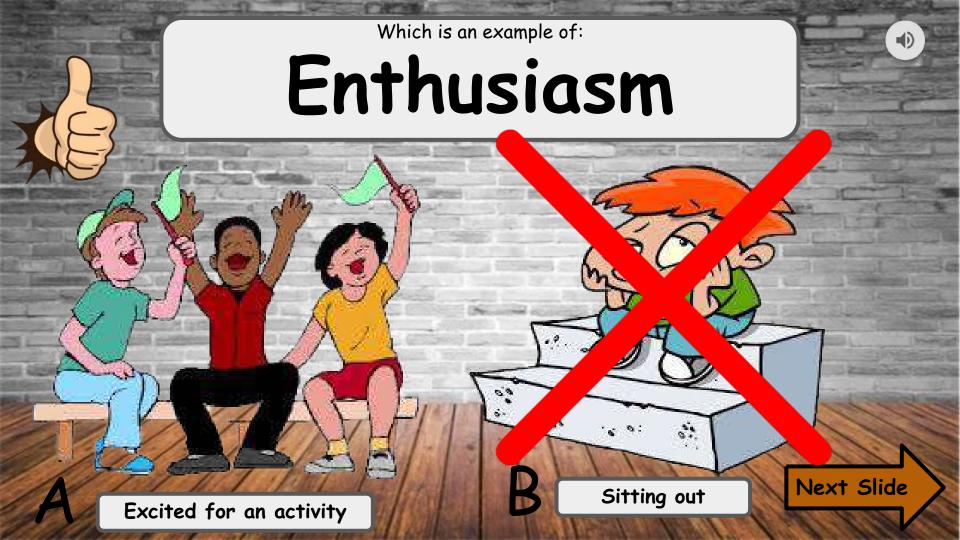
Make each day special





Enthusiasm: intense and eager enjoyment, interest, or approval







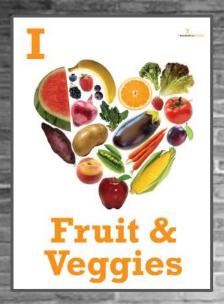


This or That

Try not to laugh!













For Healthy Kids STAYEII Col about cight hours of sieep cath night. Do some form of excreise every day run, walk, sfrelch, play. STAYMEALTHY Praetice good hygiene by keeping yourself clean and germ free. STAYENERGIZED Ital nulrifious meals and snacks daily, Include foods from these groups dairy, grains, pratein, yegetables, and fruits.



• Wear proper gear when playing sports, icycling, or riding in a car.

• Obey safety rul

