

PHONE # SHOWER CURTAIN

YOU WILL NEED...



- SHOWER CURTAIN
- BEAN BAG
- NOTE CARDS
- MARKER

FIRST, DRAW A PHONE PAD ON THE CURTAIN USING A MAGIC MARKER.

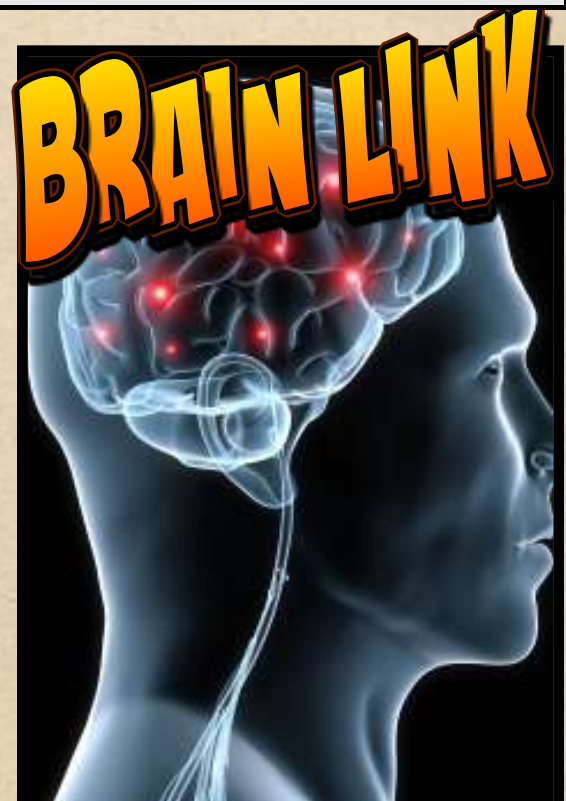


STUDENTS WILL WRITE DOWN THEIR PHONE NUMBER, ID NUMBER, OR ANY IMPORTANT NUMBER THEY NEED TO REMEMBER.



INCREASES MUSCULAR STRENGTH

STUDENTS WILL JUMP OR TOSS A BEAN BAG TO COMPLETE THEIR NUMBER ON THE CURTAIN.



EXERCISE ACTIVATES BDNF IN THE BRAIN. IT IS THE MIRACLE GROW FOR THE BRAIN.