

Journal Prompt: If you could make the rules for 1 day, what would they be?



Activity 1:

Follow a yoga class below. Yoga can release stress and body tension, as well as increase body awareness. Connecting your mind and body can help you feel more calm and centered!

<https://www.yogabasics.com/practice/yoga-for-beginners/free-beginning-yoga-videos/>

Activity 2:

Do a minute to win it challenge with your family!

- Who can stack the most plastic cups?
- Who can keep the balloon in the air the longest?
- Hold a straw in your mouth. Try and get the most cheerios on the straw without using your hands
- Who can build the tallest card tower?