

Let's Move to the Moon! Get three or more in a row this week and enter your steps to win!

ready, set, tic-tac-GO!

How to count movement: For each activity, collect the number of students and amount of time completed. Enter your class's information on your school's Google Form at least once per week. Last day to enter: May 13.



Get the wiggles out with a freeze dance.

Walk like a penguin to PE.

Take an imaginary roller coaster ride around your classroom or school.

Take three extra lap around the playground before coming inside from recess.

Do "the wave" around the classroom.

Do 20 desk push ups before lunch and 20 after lunch.

Practice spelling words with a ball toss game.

Free Space.

Do the ear-nose switcheroo for 2 minutes.

Questions? Contact La Rita Haffey, your school's wellbeing champion or Lindsay Goodson (lindsay.goodson@sharecare.com)

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**Take a
break with
GoNoodle.**

**Walk like an
Egyptian to
the lunch
room.**

**Follow
along with
your
teacher's
5-4-3-2-1.**

**Take two
extra lap
around the
playground
before
coming
inside from
recess.**

**Take the
long way to
the
bathroom.**

Free Space.

**Stand up
and sit down
20 times
between
each
subject.**

**Act out your
spelling
words.**

**Reach for
the sky 3
times.**

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Blast off with a free-style dance party.

For one day, walk like you're on the moon in the hall.

Play a class game of rock, paper, scissors.

Free Space.

Tiptoe one lap around the inside of the school.

Practice math facts outside by playing red rover.

Do a silent round of the hokie pokie between each subject.

Take four extra lap around the playground before coming inside from recess.

Practice spelling words on an imaginary mini-trampoline.

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Have a
dance party
to your
favorite
song

Free Space

Waddle
like a duck
on a
bathroom
break

Take one
extra lap
around the
playground
before
coming
inside from
recess.

Take the
long way to
the water
fountain.

Read while
standing
up.

Do 30 arm
circles
forward and
30 backwards
between each
subject.

Practice
spelling by
doing a
jumping jack
for each
letter.

Hot lava!
Keep a
balloon in
the air
without
touching the
ground for 2
minutes.

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