

MONDAY

MOVE IT MORNINGS!

[Click to join Coach Tyler for Move It Mornings!](#)

ARTS & CRAFTS

[Create these cool glow in the dark lanterns!](#)

SKILL TUTORIAL

[Master your Round Off!](#)

SCIENCE PROJECT

[Create this amazing salt painting project!](#)

GET OUTSIDE!

[Do you have stones and pavers lying around? Create a permanent hopscotch board!](#)

AFTERNOON WORKOUT

[Workout with the family!](#)

EVENING GAME

[Play Break The Ice before bed!](#)

BEDTIME REFLECTION

[Reflect on your day with this guided reflection!](#)