

FRIDAY

MOVE IT MORNINGS

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

HEALTHY SNACKS

[Make these yummy granola wedges!](#)

SKILL TUTORIAL

[Practice your Hook Kick at home!](#)

VIRTUAL FIELD TRIP

[Visit a zoo or aquarium today!](#)

GET OUTSIDE!

[Is it warm where you are?!](#)
[Play DIY Sprinkler Limbo!](#)

AFTERNOON WORKOUT

[Grab a partner and get your workout on!](#)

EVENING GAME

[Play "Time For Bed!"](#)

BEDTIME REFLECTION

["Peace out" with some friendly wishes before bed!](#)