

THURSDAY

MOVE IT MORNINGS

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

ARTS AND CRAFTS

[Make and fly a kite!](#)

SKILL TUTORIAL

[Practice a Forward Roll!](#)

HEALTHY SNACKS

[Make these healthy snacks from scratch!](#)

GET OUTSIDE!

[Play Pool Noodle Ring Toss!](#)

AFTERNOON WORKOUT

[Workout with the fam!](#)

EVENING GAME

[Create a fort!](#)

BEDTIME REFLECTION

[Try a fun activity to wind down from your day!](#)