



WEEKLY HEALTH + WELLNESS ACTIVITIES

June 22-26

Mindful MONDAY

Find the book "Lizzie and the Last Day of School" by Trinka Hakes Noble. Listen to a story about Lizzie and how she navigates the final days of school. How do you feel about school coming to an end? Listen and hear the advice Lizzie's teacher has for her.

[Click here for the Read Aloud](#)

Tasty TUESDAY

Need a quick healthy snack? Try these 10 minute frozen fruit cups to fill your bellies.

[Click here for recipe](#)

Wiggly WEDNESDAY

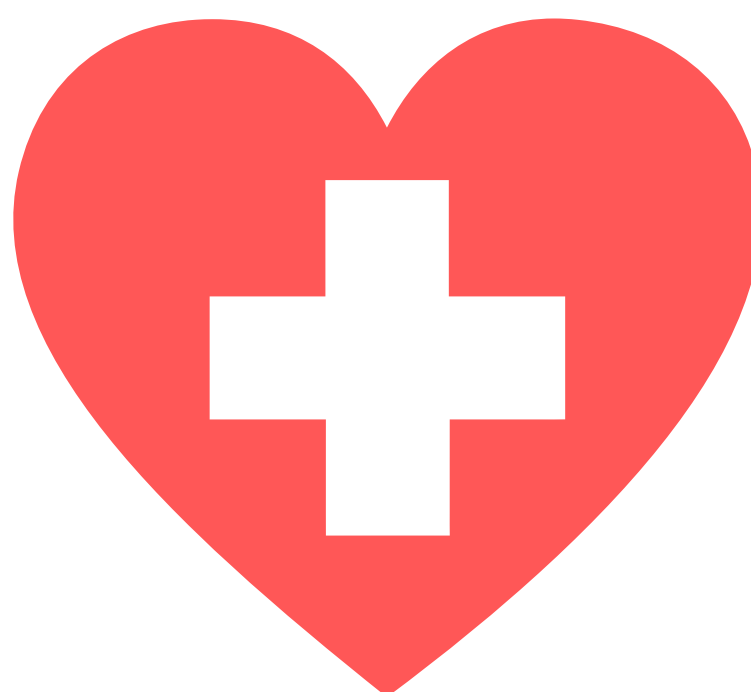
Don't forget to keep active this summer. Check out this fun summer dancing video! Anyone can dance when you follow along!

[Click here for video](#)

Thoughtful THURSDAY

Make your own end of the year memory book. Just download, print, color and fill out as you like. This will be a great memory to keep and look back on.

[Click here for the free memory book!](#)



MRS. LEWIS
MRS. HANS

Fun FRIDAY

Watch this fun video about George the sun safe superstar! When you finish watching, create your own sun safe poster with tips from George! Put your poster on your fridge to remind you this summer.

[Click here for Video](#)

GOAL OF THE WEEK:

Prepare for end of school and transition into a fun and safe summer.