**WEEK 2**

**ENTHUSIASM:** An important feeling you get when you’re excited about a goal and are motivated to work toward that goal.

*Mr. Walker is enthusiastic about being the best teacher he can be.*

**YES or NO Body Language:** [YouTube]

I’m going to ask you some yes or no questions. If your answer is “YES” then you’ll jog in place until I ask the next question. If your answer is “NO” then you’ll do jumping jacks until I ask the next question. Let’s try!

- Does 5 + 5 = 10? YES! (Jog in Place)
- Does 2 + 2 = 7? NO! (Jumping Jacks)
- Is physical activity good for my health?
- Do zebras run on only 2 legs?
- Find more on the Y or N question card.

**RESOURCE:** The supplies, opportunities, and support that a person can use in order to do a job or live productively.

*Kendra can go to a park near her house to walk with her family. It’s a great resource that she can use to be physically active.*

**Favorite Song Workout:** [YouTube]

Use the song 20 Second or More by Doug E Fresh and Hip Hop Public Health to get a fun workout. Listen to the song. Jog in place during verses. Do jumping jacks during the chorus. The chorus says, “Wash your hands everybody…”

Listen again and choose 2 different safe exercises. Create new workouts with more of your favorite songs.