*WEEK 3*

**RESPECT:** A feeling of honor for the feelings and rights of others.

*We respect the health of our classmates, so we wear our masks while we’re together.*

**TEACHER / STUDENT CHOICE**

*Choose 1 (or both) Warm-Up activity.*

**Animal Dance Party: [**[**YouTube**](https://youtu.be/ZdV03d-GUiE)**]**

I’m going to use the Animal Alphabet Cards to pick animals that will come to our dance party.

**Invisible Rock Buster: [**[**YouTube**](https://youtu.be/NlFjKirDkk8)**]**

Now that we’ve collected our invisible rocks, it’s time to break them into invisible pebbles. To do that, take 1 invisible rock, place it inside your personal bubble, and jump on it 5 times.

*WEEK 3*

**ENCOURAGEMENT:** A feeling of support, confidence, or hope.

*The encouragement Ami felt came from positive words her friends were saying.*

**TEACHER / STUDENT CHOICE**

*Choose 1 (or both) Warm-Up activity.*

**30-Second Animal Jumps: [**[**YouTube**](https://youtu.be/fqAZ_eUpk_8)**]**

We’re going to use the Animal Alphabet Cards to play a jumping game. [(Apple Music Interval Track)](https://music.apple.com/us/album/hhd-30-second-intervals-with-15-second-breaks/553186898?i=553186900)

**Invisible Rock Garden: [**[**YouTube**](https://youtu.be/-slFbSIyg84)**]**

It’s time to plant an invisible rock garden. When the music plays (use slow-tempo music), we will walk in our activity area and plant invisible rock seeds.

*WEEK 3*

**WELLNESS:** Good personal physical and mental health.

*Wellness is an important goal that Caleb’s family is working toward.*

**TEACHER / STUDENT CHOICE**

*Choose a Purposeful Practice activity.*

**Animal Charades: [**[**YouTube**](https://youtu.be/CXglUF3_YC0)**]**

Stand inside your 6-foot bubble. The object of this game is to silently act like an animal so that your classmates can guess what it is.

**Invisible Rock Collector: [**[**YouTube**](https://youtu.be/dNOnij33FQI)**]**

WOW! Our invisible rock garden grew really fast! Now it’s time to collect our rocks.