

Go Be Great!



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Brain & Body Warm-Ups

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](#)

We're going to use the Animal Alphabet Cards to play a jumping game. ([Apple Music Interval Track](#))

Invisible Rock Garden: [YouTube](#)

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.

Purposeful Practice

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](#)

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](#)

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

Just for Fun (and health)

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](#)

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

Invisible Rock Buster: [YouTube](#)

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.