**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.

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**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.

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**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.