



# Re-Entry Stations

## **Build Your Brain**

Do 10 jumping jacks and say a resolution that will help your brain grow!

***Example: Read something new every day!***



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## Healthy Balance

Balance on 1 foot for 5 seconds and say a resolution that will help you balance food choices this year!

*Example: Drink water instead of sugary drinks.*



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## **Strong Body**

Act out a physical activity you can do this year that will help your body stay strong and healthy.

*Example: 5 push-ups*



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## **Personal & Social Responsibility**

Do your best superhero pose for 5 seconds and say a resolution that will help your school be a fun and safe place to learn.

***Example: Listen and be respectful to my teachers and classmates.***