



Sussex Elementary Physical Activity and Well-Being Plan

April 13th-17th

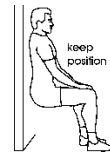
Monday, April 13th: Create a scavenger hunt and complete it with your family. Happy hunting!



Tuesday, April 14th: Go for a walk around your neighbourhood. Take pictures or draw something beautiful that you saw on your walk.



Wednesday, April 15th: Read a book while doing a wall sit. How long can you hold your position? Is there anyone in your house who can beat your time?



Thursday, April 16th: Play basketball using a pair of socks and a laundry basket.



Friday, April 17th: Practice your jumping. How far can you jump? How high can you jump?



Saturday, April 18th and Sunday April 19th: Play a board game as a family. Pick your favourite activity of the week and do it again!



Please enjoy these suggested activities and be creative! It is understandable that modifications to these challenges may be necessary depending on what is available at home or the weather, etc. Just have fun and stay active!