

PHYSICAL EDUCATION

Snow days are the best days to bundle up and play outside in the snow!

Here are some ideas to help you enjoy your snow day...

PK - 1

1. Have your child select an outside physical activity from the list below
2. Help your child dress properly for an outside activity
3. Supervise your child while they are performing their selected activity. Better yet, join in the fun and play with them!
4. Perform the activity for at least 30 minutes. Take a digital picture or video while doing the activity.

Activity Choices: Build a snowman, sled, make a snow fort, snowshoe, ski, shovel, ice skate or another activity in the snow

If outside isn't an option

1. Have a dance party
2. Do yoga - check out cosmickids.com
3. Make a healthy snack

***Take a digital picture or video while doing the activity and email it to Mrs. Soule tina.soule@bhrsd.org or Mrs. Pleu jessica.pleu@bhrsd.org
If unable to take a picture you may write a sentence or draw a picture.