**Park Street Daily Activities**

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| **Muscle Monday**  On Muscle Mondays we will be developing strength through a variety of exercises using Dice Fitness. If you do not have a dice you can create one by using paper, tape, and a pencil or marker. A dice has 6 sides! Once you have your dice, roll to see which exercise you will be doing. While exercising, maintain steady breathing and always do your best! | 1 – 10 Crunches  2 – 10 Push ups  3 – 10 Jumping Jacks  4 – 10 Squats  5 – 20 Seconds Plank  6 – 20 seconds jog on the spot |
| **Tossing Tuesday**  On Tuesdays look to improve your throwing skills and have some fun with simple throwing games such as Tic Tac Toss. Take advantage of the objects you have to use with these games (balls, Frisbees, bean bags, etc.) and challenge yourself! This is also a great time to play catch with a family member and do your best to make 10, 20, 50 Catches in a row. | Tic Tac Toss Link:  <https://www.youtube.com/watch?v=RkKfCoYKWH4&feature=youtu.be> |
| **Winded Wednesday**  On Wednesdays, we run! Rally up a family member and get outside. Following our social distancing laws, keep 2 meters distance from others and go for a 15-20 minute run/walk around your neighborhood. Try your best to maintain a steady run throughout the time. | While running try to stay relaxed and keep a steady breathing pattern. Some easy ways to do this is pretending you have eggs in your hands and you need to hold them gently to not break the shell. Keeping a steady pace (running the same speed the entire time) will help keep your breathing consistent. |
| **Thoughtful Thursday**  Thursdays we will recover from our hard work throughout the week and do some mindful activities. One of the best ways to reflect is through yoga. Find a cosmic yoga you like and is in a time frame that works (20-30min). | Cosmic Yoga Link:  <https://www.youtube.com/user/CosmicKidsYoga> |
| **Freaky Friday**  On Freaky Fridays, you want to imagine yourself as one of your favorite sports player. Maybe you’d like to ball handle like Lebron James or Diana Taurasi, stick handle like Sidney Crosby or Hailey Wickenheiser, sprint like Usain Bolt, pitch like Clayton Kershaw, strike like Lionel Messi or Christine Sinclair. Consider the hard work they did at a young age to become the stars they are now. | As a child, I loved to pretend I was Steve Nash (a Canadian basketball player who won most valuable player for the NBA 3 times!) and work on my ball handling skills for hours. If it was raining, I would mimic his moves in the basement and if it was nice I would go out to the driveway. Who’s your favorite sports star? |

**Remember to get outside and have some fun!**