





## WEEK 2

Mother's Day is a day not only to tell moms that we love them, but also a chance to show them our love by playing their favorite games. <u>Visit this link</u> for some ideas. YAM 8

MAY 9 <u>BOKS</u> is a physical activity program designed to get kids active! Play one of these <u>BOKS Burst</u> <u>Movement Breaks</u> to help with focus and energy.



National Clean Your Room Day might not seem like it would be a way to play, but find a way to make this day more fun. Maybe you'll find something buried to play when you're done! MAY 10

MAY 11

National School Nurse Day is a time to honor those that support students well-being. They are very busy, but if your nurse has the time invite her/him into your class to play!



May is <u>National Tennis Month</u>. Click "<u>Tennis at Home</u>" and play with a friend. In the classroom, rally with a partner. Use a paperball and your hand.

MAY 12

MAY 13

<u>Sanford fit</u> has a variety of free resources for educators, families, and communities. Have fun moving with "<u>fit Field Day Inclusive Workout</u>"!



GoN6Qdle

<u>National Dance Like a Chicken Day</u> is not a joke, but you will have plenty of laughs grooving to this iconic song. Try this <u>video link</u> from <u>GoNoodle</u>.

MAY 14

Active Schools

#PlayAllMay ActiveSchoolsUS.org