

# MONTH:

● A.M. BRAIN BOOSTS

● P.M. BRAIN BOOSTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>15 Windmills</p> <p>20 Opposite Elbow-to-Knee</p>	<p>20 Step-Step-Clap</p> <p>10 Strong Jumping Jacks</p>	<p>March &amp; Count by 10s to 200</p> <p>Standing "Rock, Paper, Scissors"</p>	<p>Invisible Jump Rope for 1 minute</p> <p>Arm Circles: 10 forward, 10 backward</p>	<p>10 Opposite Hand-to-Foot in Back</p> <p>Write first name in the air: left hand, then right</p>
<p>March &amp; Count by 2s to 50</p> <p>15 Push-Ups</p>	<p>Penguin Hops</p> <p>Standing Leg Extensions: 10 left leg, 10 right leg</p>	<p>20 Claps Under Alternate Knees</p> <p>15 Squats</p>	<p>Step-Touch, Arms Press Up for 1 minute</p> <p>Run in Place, 1 minute</p>	<p>Step-Touch, Arms Press Out to Side for 1 minute</p> <p>20 Curl-Ups</p>
<p>Shoulder Rolls: 10 backward, 10 forward</p> <p>"Rock, Paper, Scissors, Math"</p>	<p>Write last name in the air: left hand, then right</p> <p>Invisible Hula Hoop: 1 minute right, then left</p>	<p>15 Sit and Reach</p> <p>Standing Leg Curls: 10 left leg, 10 right leg</p>	<p>March &amp; Count by 5s to 100</p> <p>10 Opposite Hand-to-Foot in Front</p>	<p>10 Burpees</p> <p>Arm Circles: 10 forward, 10 backward</p>
<p>Step-Touch, Arms Press Out to Side for 1 minute</p> <p>Run in Place, 1 minute</p>	<p>March &amp; Count by 10s from 200 to 0</p> <p>15 Stand on Tip-Toes and Reach Up</p>	<p>Invisible Jump Rope for 2 minutes</p> <p>30 Step-Step-Clap</p>	<p>Write first name in the air: left leg, then right</p> <p>20 Claps Under Alternate Knees</p>	<p>15 Push-Ups</p> <p>Step-Touch, Arms Press Up for 1 minute</p>
<p>15 Triceps Dips</p> <p>Standing Leg Extensions: 10 left leg, 10 right leg</p>	<p>Invisible Hula Hoop: 1 minute left, then right</p> <p>Shoulder Rolls: 10 backward, 10 forward</p>	<p>Penguin Hops</p> <p>"Rock, Paper, Scissors, Math"</p>	<p>March &amp; Count by 50s to 500</p> <p>Write last name in the air: left leg, then right</p>	<p>Standing Leg Curls: 10 left leg, 10 right leg</p> <p>15 Stand on Tip-Toes and Reach Up</p>