MOVE MOVE MOVE



By: Amber North

Objective: Building a sense of Self-Confidence through exercise and communication with an adult.

Assignment:

- For two weeks exercise 5 times a week for fifteen minutes.
- With an adult talk about what exercise you did and how it made you feel after.
    - Example: When I ran around the block I was feeling tired but when I was done I had more energy. Or I had fun jumping on the trampoline and it made me happy.
- With an adults help: Either print or fill out in your own Google Document your response.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday