

# DECEMBER NEWS

HEALTHY LIVING IS FUN!



Name: \_\_\_\_\_

Teacher: \_\_\_\_\_ Grade: \_\_\_\_\_

## Indoor Activities:

- Grab some paper plates and cut the center out to make a ring. Set an empty paper towel roll upright on the floor. Try to throw the paper plate rings around the rolls. Once you make one take a step backwards. See how far away you can go!
- Paper towel roll bowling: grab some empty paper towel or toilet paper rolls and an indoor ball, balloon, or rolled up pair of socks and go bowling!
- Balloon tennis: blow up a few balloons, grab a tennis racket or just use your hands and play tennis!
- Try Arctic Animal Yoga (on the back of this newsletter) with your family.

## Outdoor Activities:

- Go outside and build a snowman! Challenge your family to a snowman competition and see who can be the most creative.
- Find the closest hill to your house, grab a sled and go sledding!
- Take a family trip to go ice skating!



## BILLY'S TIP

**Juggling:** Roll up three pairs of socks to form balls. Toss one of the balls into the air and catch it with your opposite hand. Add in the other two balls as you are ready.



## Recipe: CHEESE STICK SNOWMEN



### Ingredients:

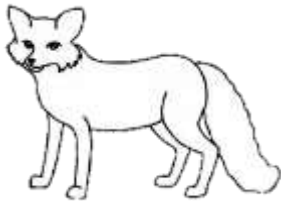
- Toothpicks
- Mozzarella string cheese
- Fresh basil leaves
- Grape tomatoes, cut in half
- Food coloring

### Recipe:

- Unwrap and cut the piece of string cheese into four pieces.
- Place one piece of cheese on a toothpick to form the body.
- Layer two basil leaves on top to form the scarf.
- Add another piece of cheese.
- Dip a toothpick in food coloring and draw on the face.
- Place half of a tomato on top of the toothpick for the hat.



# Arctic Animal Yoga



Stretching is important to stay healthy- it gets your muscles ready for exercise.

Animals stretch to keep their bodies healthy too! Try these poses below:

- **Moose Pose:** Lift your arms above your head like moose antlers and stand still for as long as you can. See Marco below for an example.
- **Polar Bear Pose:** Crawl on your hands and feet and take a deep breath. Add a ROAR sound effect.
- **Arctic Fox:** Start on your hands and knees. Reach your right arm in front of you and reach out your left leg behind you. Hold. Repeat on the opposite side.
- Make up your own poses and write or draw below:



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Marco in  
Moose Pose