

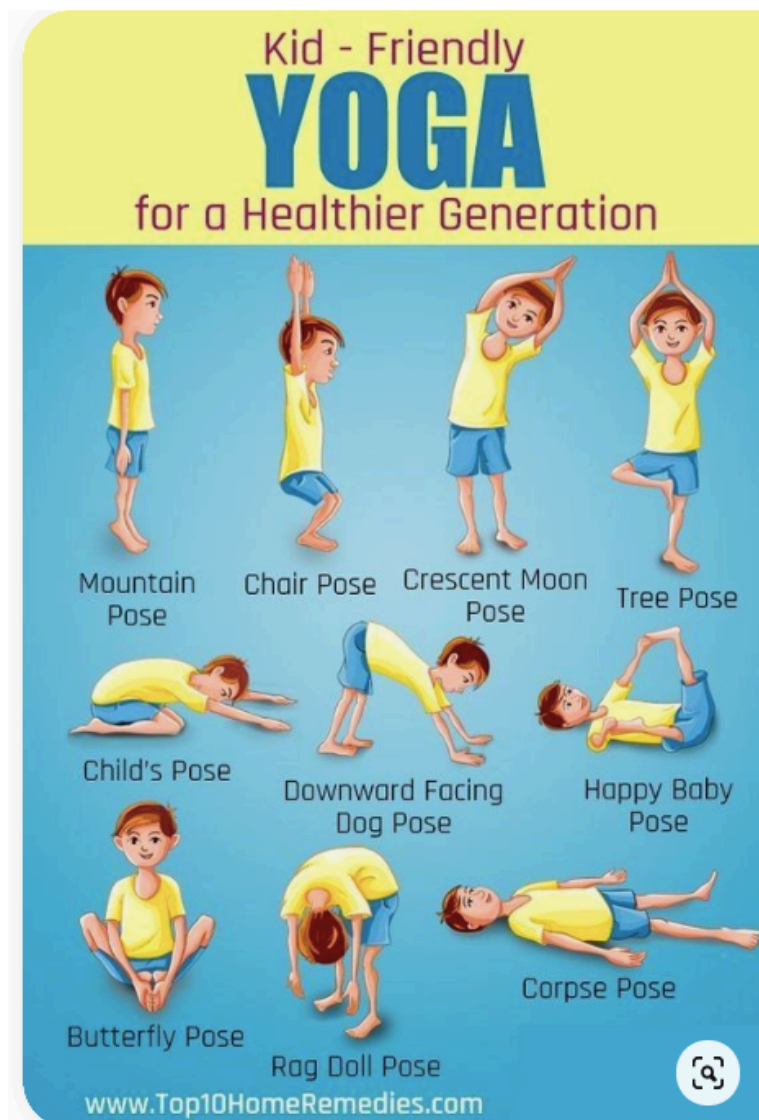
Dear Wonderful Williwaw Families,

Thank you for your help during these interesting times. The following are some great exercises you can do with your children. I will also be uploading daily exercise and skill videos on YouTube on a channel called "BOST P.E." which you can search for on YouTube. Staying active during these times will be critical to health and wellness both physically and mentally. Thank you all for raising such wonderful children. The following are some exercises you can do with your children every day. Videos will be uploaded to show you and your students how to do these in the next few weeks. You may email me at bost_charles@asdk12.org with any ideas or questions.

Stay Healthy,

Chuck Bost

I. Have your Child do these Yoga Stretches for 20-30 seconds each day



II. The Great Pumpkin Work-out! (You may use a ball, a small pillow, or whatever your parent deems as safe to do the following exercises.) Try to do ten of each, Every other Day!

- 1) While sitting up and holding your legs off the ground, slowly twist from side to side holding the “pumpkin” for 1 second each to your left and right.
- 2) Do a push up by bending your arms until touching the ball/pumpkin which your chest or tummy
- 3) Standing with your legs slightly wider than your shoulders, twist from down near your knee to up above your head on the opposite side of your body. Try to keep your arms straight. Repeat in the opposite directions
- 4) Putting your hands on the ball close together, try to do a pushup, If this is too hard try putting your knees (safely with your parent’s permission) on a coffee table or chair or edge of your bed if it is not too tall.
- 5) Lay down with your knees up. Take your “pumpkin” and stretch it above your head. Do a “sit-up” and touch your knees. Try allow only a slight bend in your arms.



III. Here's Some Silly movements you can do every day with your children:

Kid's Morning Workout For **Emotional Regulation**

Set interval timer and complete each animal movement for 45 seconds with a 15-second rest in between. Do as many as you can!

1. Frog Hops
2. Bear Walk
3. Gorilla Shuffles
4. Starfish Jumps
5. Cheetah Run
6. Crab Crawl
7. Elephant Stomps



- 1) Frog Hops – Squatting with your hands on the ground Leap and Land back in the same position
- 2) Bear Crawl – Crawl with your Knees up!
- 3) Gorilla Shuffle – In an athletic stance (Feet shoulders width or slightly wider apart, knees bent, arms up for balance, Chest up, Head up Looking forwards) take short six inch steps sideways, keeping your feet wide. Then come back the other direction.
- 4) StarFish Hops – Start in a squatting position with hand on the ground (like leap frog) but jump straight up and try to move your arms and legs out and form a star (your head is the 5th point of the star.
- 5) Cheetah Run – Like a bear crawl but this time faster trying to run on all fours
- 6) Crab Walk – with your hands behind you on the ground and your legs out in front of you, Crab Walk along the ground. Your bottom side can't be on the ground
- 7) Elephant Stomps – Bending over with your legs almost straight, put your hands on the ground, stomp your right leg, then your left leg and put it down.