

# JULY

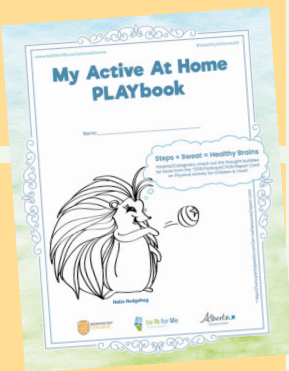


# ACTIVE AT HOME FOR KIDS



# 2020

Click The Activities For Links To Their Videos And Resources

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			01 Holiday Canada Day	02 Rock, Paper, Scissors, Split	03 Mindful Movement: Circle of Light	04
05	06 Gift of PLAY: Left, Right, Out	07 Unplugged Activity: Adventure PLAY BINGO	08 Physical Literacy at Home: Balloon Body Bump & Balance	09 Flip & Flop	10 Mindful Movement: Tropical Yoga Adventure	11
12	13 Gift of PLAY: Footsies	14 Unplugged Activity: BFFL Network Reach Twirl Curl Up Small - Sully Star Hunt	15 Alphabet Spelling	16 Wall Spelling	17 Mindful Movement: Ocean Tide	18
19	20 Gift of PLAY: Bull's Eye Toss	21 Unplugged Activity: Jump Hop Leap & Roll Coding	22 Physical Literacy at Home: Body Bending Beanbag Challenge	23 Five Finger Fling	24 Mindful Movement: Colour Me Happy	25
26	27 Gift of PLAY: Rob the Nest	28 Unplugged Activity: BFFL Network Reach Twirl Curl Up Small - Catch and Splash	29 BFFL Network Moving Story: As Big As the Sky, As Tall As the Trees	30 Active Dice	31 Mindful Movement: 10min Kids Yoga Trip to the Moon w/ BFFL Red Deer	 <b>Free Printable</b>

Fundamental Movement Skills Progressions

Movement Cues

PLAY Education Plug & Play

DPA Every Day



[www.befitforlife.ca/activeathome](http://www.befitforlife.ca/activeathome)

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