

AUGUST



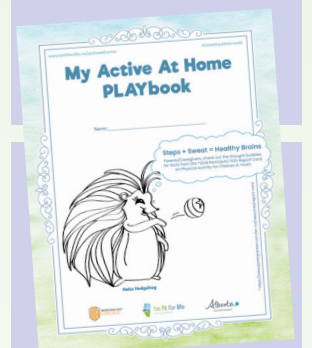
ACTIVE AT HOME FOR KIDS



2020

Click The Activities For Links To Their Videos And Resources

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						01
02	03 Holiday	04 Unplugged Activity: Activity Sticks	05 Rainbow Search	06 Bum Spelling	07 Mindful Movement: Hello Sun Stretch	08
09	10 Gift of PLAY: Knee Tag	11 Unplugged Activity: BFFL Network Reach Twirl Curl Up Small - Nature Walk	12 Physical Literacy at Home: Wacky Walks	13 Beat Challenge	14 Mindful Movement: Yoga At Home for Kids w/Carla Fox	15
16	17 Gift of PLAY: Weaving Snake Relay	18 Unplugged Activity: Outdoor Scavenger Hunt	19 BFFL Network Moving Story: Reach, Twirl, Curl-up Small	20 Secret Shake	21 Mindful Movement: Coyote Yoga	22
23	24 Gift of PLAY: Target Jump	25 Unplugged Activity: BFFL Network Reach Twirl Curl Up Small - Panda, Panda, Dance Around	26 Sensory Chalk Walk w/ Fitness	27 Mirror Mirror	28 Mindful Movement: Bunny Breathing	29
30	31 Gift of PLAY: Rob the Bull					30



Free Printable



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YMCA At Home

Active Breaks

I Love A Challenge

www.befitforlife.ca/activeathome

www.mhc.ab.ca/BFFL

