

Mrs. Rushton's Class– Brain Smart Starts



UNITE



DISENGAGE STRESS



CONNECT



COMMIT

Week of: April 13th as usual we participate as we normally do. Enjoy!

Day	Brain Smart Start Activities
Monday	Jump! https://www.youtube.com/watch?v=f3XyYOLfTU4 -Hawks Wings Breathing
Tuesday	Click or copy and paste Monday's link and Jump with another child. -Basketball Breathing
Wednesday	Click or copy and paste Monday's link and Jump with an adult. -Bow and Arrow Breathing
Thursday	https://www.youtube.com/watch?v=fkjUgVdAPIE -Create Your Own Breathing
Friday	Click or copy and paste on yesterday's link and Jump while singing all the lyrics! -Heart Breathing