1. Strength home scavenger hunt:
	1. Walk and touch a couch
	2. Feet on the couch, hands on the ground, hold for 10 seconds “like a push up”
	3. Jump through your house and touch a bed – log roll across the bed
	4. Crawl like a snake and find a sock ball – toss and catch the sock ball 10 times
	5. Hop until you can touch a closet door – tree yoga pose for 10 seconds
	6. Gallop to a refrigerator – tree yoga pose on your other foot for 7 seconds
	7. Bear crawl and find a pillow – toss and catch the pillow 10 times
	8. Heal toe balance beam walk to the front door – perform 5-10 squats
	9. Gallop or skip to a tree – perform 5 jumps touch the tree higher each time
	10. Run as fast as you can and touch a different tree or mailbox, reach for your toes and hold for 30 seconds
	11. Jog, skip or gallop around your yard and celebrate finishing the scavenger hunt!

Email Mr. Johnson what was most difficult and what was most enjoyable: rjohnson1@ecasd.us

Have a great week

Mr. Johnson