

# bOKS FITNESS CALENDAR

April 2020



**April Fitness Challenge** - Keep your family active by practicing your fitness skills during the month of April!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<input type="checkbox"/> Clap for 10 Burst <b>1</b> <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Square Breathing	<input type="checkbox"/> Paper Plate Burst <b>2</b> <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Child's Pose	<input type="checkbox"/> Jungle Run Burst <b>3</b> <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Gratitude Activity	Create and run a BOKstacle course with equipment you have at home. Be creative! <b>4</b>
Play "Floor is Lava"! <b>5</b> You must avoid touching the ground. Any player remaining on the floor does 5 jumping jacks!	<input type="checkbox"/> Spring Sports Galore Burst <b>6</b> <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Chair Pose	<input type="checkbox"/> Swimming Burst <b>7</b> <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Twisted Chair Pose	<input type="checkbox"/> Spring Dance Party Burst <b>8</b> <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Cat-Cow Breathing	<input type="checkbox"/> Agility Junior Leader Burst <b>9</b> <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Tree Pose for 30s	<input type="checkbox"/> Bunny Burst <b>10</b> <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Happiness BOKS	Each member of the family moves into a different room and you must pass one another a ball for 30 min. <b>11</b>
Spring cleaning chore challenge! Like any physical activity, chores stretch and tone your muscles! <b>12</b>	<input type="checkbox"/> Baseball As If! Burst <b>13</b> <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Wiggle Test	<input type="checkbox"/> Tic Tac Toe Burst <b>14</b> <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Eagle Pose	<input type="checkbox"/> Four Corner Lunge Burst <b>15</b> <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Up and Down Breath	<input type="checkbox"/> Plyometric Burst <b>16</b> <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Forward and back	<input type="checkbox"/> Angle Squat Burst <b>17</b> <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Active Listening	Get ready for a Family BOKS Baseball Challenge! You can play it inside or outside. <b>18</b>
Play "What is missing?" <b>19</b> any player who doesn't find what is missing does 5 burpees! We'll share directions on BOKS' social.	<input type="checkbox"/> Discover the Ocean Burst <b>20</b> <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Lift Up	<input type="checkbox"/> Colors in the Room Burst <b>21</b> <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Warrior 2 Pose	<input type="checkbox"/> Earth Day Burst <b>22</b> <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Mindful Breaths	<input type="checkbox"/> Gone Camping Burst <b>23</b> <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Square Breathing	<input type="checkbox"/> Reduce, Reuse, Recycle Relay <b>24</b> <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Ease Experiment	Time to dance! Crank up the music: • <b>Pop Music with Kyla</b> • <b>Hip-Hop Music with Suaad</b>  Go to BoksCanada YouTube Channel <b>25</b>
Create a scavenger hunt at home with exercises related to the clues! <b>26</b>	<input type="checkbox"/> Like a Boxer Burst <b>27</b> <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Downward Dog Pose	<input type="checkbox"/> Sports Galore Burst <b>28</b> <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Tip Over	<input type="checkbox"/> Alphabet Relay Burst <b>29</b> <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Right arm up/Left arm up	<input type="checkbox"/> One Big Happy Family Burst <b>30</b> <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Cat-Cow Breathing	Congratulations you finished the challenge! Complete the Fitness Calendar and earn the <b>Certificate of Congratulations!</b>	

**Find the descriptions for each weekday activity and our printable Certificate of Congratulations below.**

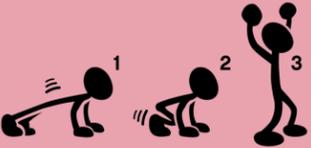
- Practice a BOKS Burst every weekday morning.
- Join a BOKS live class at 12pm EST on our Facebook Page. They remain available on our page after the live event.
- End your day with a yoga & mindfulness exercise.

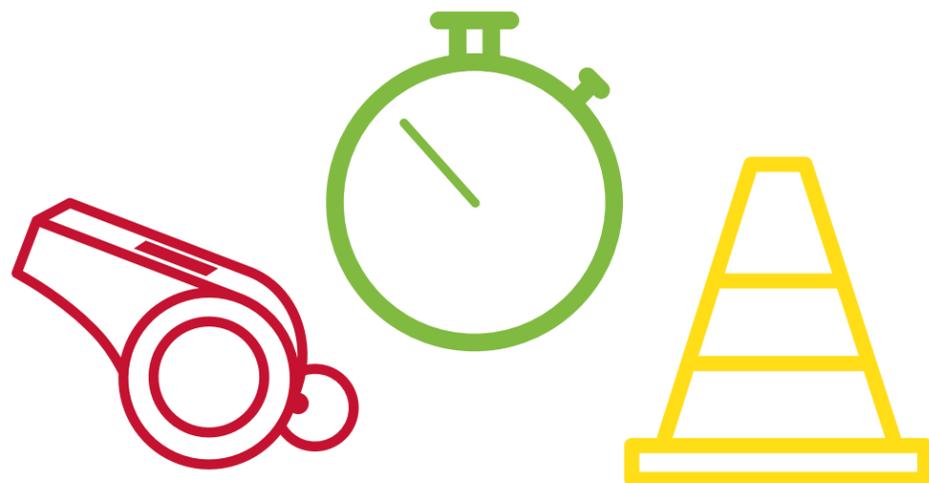
Videos illustrating each activity will be published the same day on our social media: Facebook & Instagram.

# boKS FITNESS CALENDAR

## Fitness Skills

<b>Running</b>		<ul style="list-style-type: none"> <li>• Stand up tall with core tight</li> <li>• Shoulders and arms are relaxed and swing naturally</li> <li>• Breathe rhythmically, filling the belly</li> </ul>
<b>Push-ups</b>		<ul style="list-style-type: none"> <li>• Keep body in a straight line, with arms a bit wider than shoulder width</li> <li>• Arms fully extended at the top</li> <li>• Chest close to the floor at the bottom</li> </ul>
<b>Plank</b>		<ul style="list-style-type: none"> <li>• Keep body in a straight line</li> <li>• Keep knees off the ground</li> <li>• Keep weight evenly distributed between elbows/forearms and feet</li> </ul>
<b>Donkey Kicks</b>		<ul style="list-style-type: none"> <li>• Start from standing position, move hands to the floor slightly wider than shoulder width</li> <li>• Kick the feet off the ground and move them back in the air</li> <li>• Stand up straight at the end</li> </ul>

<b>Jumping</b>		<ul style="list-style-type: none"> <li>• Start with your feet at shoulder-width and keep heels super-glued to the ground</li> <li>• Bend your knees and squat deep</li> <li>• Use arms by bringing them back and driving them forward to initiate the jump</li> <li>• Jump up straight and tall, and land softly by absorbing the landing by bending at ankles, knees and hips</li> </ul>
<b>Burpees</b>		<ul style="list-style-type: none"> <li>• Drop into a push-up, keeping the body straight</li> <li>• Jump up to stand with feet moving between the hands</li> <li>• Stand up tall, jump up and clap hands above head</li> </ul>
<b>Squats</b>		<ul style="list-style-type: none"> <li>• Keep heels super-glued to the floor</li> <li>• Squat deep to get your knees at a 90-degree angle to the floor</li> <li>• Keep your back arched like a superhero</li> </ul>
<b>Crunches</b>		<ul style="list-style-type: none"> <li>• Keep core contracted through the entire movement</li> <li>• Elbows are wide, don't pull on your head or neck</li> <li>• Imagine bringing your ribcage toward your hips</li> </ul>



### Clap for 10

1. Do 10 jumping jacks clapping your hands when they are above your head.
2. Do 10 lunges clapping your hands when your hands are above your knees.
3. Do 10 burpees clapping your hands above your head when you jump up.
4. Do 10 crunches clapping your hands when they are above your knees.
5. Do 10 squats clapping your hands when you extend your legs.

### Paper Plate Burst

- Provide each kid with two paper plates (or towels). Perform each activity 10 times:
1. Sliding burpee. (Stand knees bent, hands on floor and feet on paper plates. Slide feet back until you are in a push up position. Slide feet forward and return to start.)
  2. Sliding side lunge. (Stand with legs together (feet on plates), slide left leg to the side, and then back to center. Repeat on right side.)
  3. Swimming slide. (Start lying face down with hands on plates. Pull hands straight back and lift chest and shoulders. Return to start.)
  4. Sliding mountain climbers. (Start in plank position with feet on paper plates. Bend left knee and bring as close to left elbow as possible. Return left leg to start and repeat with right leg.)

### Jungle Run Burst

- Kids move around the room. Cue them to change movements:
1. Jump over logs
  2. Duck under branches
  3. High knees through quick sand
  4. Run from a tiger
  5. Tip toe past a snake
  6. Imitate monkeys
  7. Have kids choose a jungle movement of their choice.

### Spring Sports Galore Burst

- Do each of the following exercises for 30 seconds:
1. Rugby – walking lunges with a twist, forward for one width and then reverse lunge steps with a twist for one.
  2. Track & Field – high knee skip step or “snap downs.”
  3. Pickleball – grapevine or carioca.
  4. Lacrosse – high knee jog forward for one width and then in reverse.
  5. Softball – side skips with arm swings out to the side.
  6. Skateboarding – side step and squat, switching directions with each squat (180 degree turn with each squat).

### Swimming Burst

- Kids are standing up and move their arms on the leader's cue.
1. Front stroke: using both arms as if the kid is swimming forward.
  2. Back stroke: using both arms as if the kid is swimming backward.
  3. Breast stroke: using both arms as if the kid is doing the breast stroke.
  4. Butterfly stroke: using both arms as if the kid is doing the butterfly stroke (both forward at the same time).
  5. Diving in the water: straight arms above the head and hands together.
  6. Jump in the water: kids are doing squat jumps.

### Spring Dance Party Burst

- Do each movement for 30 seconds:
1. Free dance for 30 seconds.
  2. Pretend you have a hula hoop and keep that hula hoop up for 30 seconds.
  3. Wiggle while standing for 30 seconds.
  4. Spin to the left then spin to the right for 30 seconds – airplane arms.
  5. Two foot hop and backward swim with your arms for 30 seconds.
  6. Repeat.

### Agility Junior Leader Burst

Equipment: Agility ladders. If you don't have agility ladders, you can use cones or tape on the floor. Have the kids perform the different drills for 1 or 2 minutes:

- Running forward : one or two feet in each square
- One foot hop: left and right
- Lateral run through the ladder : one or two feet per square
- Bunny Hop: forward, sideways, and backwards
- In and out
- Hop Scotch
- Skiers
- 2 forward and 1 back

### Bunny Burst

Get your fillable eggs ready for this hide-and-seek activity.

Equipment: plastic fillable eggs, paper, pencil

1. Write down a variety of activities on small slips of paper.
2. Add one activity to each egg.
3. Hide the eggs around your space.
4. Challenge the kids to find the eggs.
5. Have the children perform a specific activity while looking for them, such as walking lunges or bunny hops.
6. Once an egg has been found, the child calls out the activity and everyone stops and performs it.

Variations/Challenges:

Have the child hide the eggs and have siblings or family members help them to hunt for them.

### Baseball As If!

Kids will perform the movements for 30 seconds each:

- Jump in place as if you are catching a fly ball.
- Run in place as if you are trying to beat out a ground ball (really fast).
- Swing your arms as if you are hitting a home run.
- Side shuffle left then right as if you are leading off 1st base.
- Throw a ball as if you are the pitcher.
- Squat down as if you are fielding a ball at short stop.
- Run in place as if you hit a home run (slower).
- Wave to your fans as if they are all cheering for you.

### Tic Tac Toe Burst

1. Start with a partner lying flat on the floor and with tic tac toe grid between them. You can build the grid using tape, hoops or even strings.
2. Individuals have 5 bean bags (or any other object) of same color, but a different color than partner.
3. Partners alternate who goes first and start by facing each other in a plank position. Repeat until one wins or until all are placed.

### Four Corner Lunge Burst

1. Left leg front, lunge & hold for 5 seconds, return to center standing position.
2. Right leg front, lunge & hold for 5 seconds, return to center standing position.
3. Squat and hold for 5 seconds.
4. Turn Right, side squat & hold for 5 seconds, return to standing position.
5. Repeat #s 1-5 until back in same position that you started in.

Variations/Challenges:

- Balance a beanbag or pencil case on head or shoulder while performing this burst.
- Kid can hold 1 or more textbooks in their hands while performing this burst.

### Plyometric Burst

Complete each activity for 15 seconds with 10 second break in between exercises:

1. Squat Jumps.
2. Slalom Jumps (fast feet side to side).
3. Split Jumps (End each jump in a proper lunge).
4. 1 Foot Fast Feet Skips (15 sec each foot as if you are using a skipping rope and jumping on one foot).
5. Tuck Jumps.
6. 2 foot jumps (as if you are using a skipping rope).
7. Jumps for Height.
8. 1 minute rest then repeat.

### Angle Squats Burst

1. Kids perform squats with their feet and knees in particular angles. Parents ensure knees should be over the feet when performing this Burst.
2. On cue, kids are asked to do a zero-degree squat with feet and knees parallel and close together. Repeat 10 times.
3. Kids are then asked to perform a squat with feet and knees turned out in a 45-degree position. Repeat 10 times.
4. Kids are then asked to perform a squat with feet and knees turned out in a 90-degree angle. Repeat 10 times.

### Discover the Ocean Burst

1. Have the kids move their arms in a front crawl swimming motion as they travel around the room.
2. Call out the following cues to match a movement for the kids to perform:
  - Starfish – 5 jumping jacks.
  - Seaweed – stand tall with arms up toward the ceiling swaying with the waves.
  - Clam – crouch down into a ball.
  - Dolphin – burpee.

### Colors in the Room Burst

1. Parents call out a color and a body part.
  2. Kid must find an object in the room of the designated colour and go touch it with the body part that is named then return to their desk.
- Variations/Challenges:
- Begin and end in a specific pose/balance.
  - Use a variety of modes of locomotion to get to the object in the classroom (hop, tip-toe, skip, shuffle, etc.).
  - Kids may not touch the same object more than once each.

### Earth Day Burst

Perform each activity for 30 seconds:

1. Move as if you are climbing a tree.
2. Pretend to fly like a bird.
3. Do a bear crawl.
4. Do a crab walk.
5. Bunny hop around the room.
6. Slither like a snake.

### Gone Camping Burst

Get excited for camping by doing each activity for 60 seconds:

1. Jog in place as if a big scary bear is chasing you.
2. Reach up as if you are picking berries.
3. Do toe touches as if you are hammering tent stakes.
4. Wall sit (or squat) as if you are sitting around the campfire.
5. Move your arms as if you are swimming from a big fish.
6. Shake your body as if you are a wet dog.
7. Torso twist as if you are paddling the kayak side to side.
8. Jump up and down as if you have finally roasted the perfect marshmallow.
9. Repeat as time permits.

### Reduce, Reuse, Recycle (RRR) Relay

1. Create a list of reduce, reuse and recycle "RRR" cards or sheets of paper.
2. ½ cards have positive RRR phrases (ex plant a tree) on them, ½ have negative RRR phrases on them (not using reusable shopping bags).
3. Set up 2 cones/markers opposite each other (10-15 feet) that you will run between.
4. Place the RRR (positive and negative) cards at the far cone (folded in half)
5. Kids start at the first cone, run to the second and pick up a card.
6. Run back and open – if it is a positive RRR card, keep it, run and get another.
7. If it is a negative RRR card, do 5 jump jacks and run to get another
8. Continue till you collect 5 positive RRR cards.

### Like a Boxer Burst

1. Round #1 – Perform action 10 times and always come back to a neutral stance.
  - Straight Punches, right side – punch the air with your right fist without rotating shoulder.
  - Straight Punches, left side – punch the air with your left fist without rotating shoulder.
  - Uppercut, right side – start with your right arm in an “L” shape and move in the upwards direction.
  - Uppercut, left side – start with your left arm in an “L” shape and move in the upwards direction.
2. Round #2 – Perform each action 10 times and always come back to a neutral stance.
  - Hook, right side – start with your right arm in an “L” shape at eye level and swing across your face.
  - Hook, left side – start with your left arm in an “L” shape at eye level and swing across your face.
  - Jab with right side – turn slightly to the left and punch with your right fist.
  - Jab with left side – turn slightly to the right and punch with your left fist.
3. Round #3 – Do 1 minute of each activity.
4. Push-ups – as many as possible in 1 minute.
5. Jump Rope – as many times as possible in 1 minute.

### Sports Galore Burst

- Do each activity in place for 60 seconds:
1. Act like a Baseball player swinging the bat.
  2. Act like a Basketball player shooting the ball.
  3. Act like a Hockey player skating as fast as possible.
  4. Act like a Football player and practice fast feet.
  5. Act like a Professional Skier and practice going over jumps.
  6. Act like a Tennis Player and practice your serve.
  7. Repeat.

### One Big Happy Family Burst

1. Sit in a circle with everyone that wants to join
2. Everyone needs to have their feet pointing into the circle.
3. Use an object (i.e. shoe, can of soup, any object with a little weight) and place it in one child's hand.
4. Everyone is to hold the crunch position for 30 seconds.
5. Start passing the object around the circle clockwise while holding the crunch position and keeping their feet planted on the floor.
6. Keep passing the object for 30 seconds
7. After the 30 seconds, the person with the object in their hands gets to choose the next skill (e.g. low-plank hold, squat hold, lunge hold, high-plank hold).
8. Continue for 30 second intervals in each new position.

### Alphabet Relay Burst

1. Divide group into even teams
2. Instruct each team to form a straight line behind the designated cone or object at one end of the room. On the opposite end of the room, supply each team with a piece of paper/chart paper with each letter of the alphabet written on it.
3. One at a time each team member will race to the other side of the room.
4. Once there, they will pick a letter that is available to write a word that relates to the topic the lead adult picks for that day such as fruits and vegetable. (i.e. kid could write “Banana” beside the letter B).
5. Kid will run back and tag the next person in line to go.
6. If the kid cannot think of something to write, they can perform 5 squats and return to their team.
7. When waiting in line kids must perform jumping jacks while they wait for their turn.
8. Continue for a specific duration or until the alphabet is complete.

\*If you only have 2 or 3 people, form one team and try to complete the alphabet as fast as possible!

## Square Breathing

This square breathing exercise is a fast, fun, easy way to discover deep breathing and introduce intentional deep breath.

1. Begin in an easy seated position on the floor or in a chair.
2. Breathe in to a count of 4.
3. Hold breath for a count of 4.
4. Breathe out for a count of 4.
5. Pause for a count of 4.
6. Repeat.

## Child's Pose

Have your kids go on all fours (hands and knees on the ground).

- Bring the hips back so they are resting on your heels.
- Reach your hands forward and rest your palms on the ground.
- Hold and relax there. Breathe.



## Gratitude Activity

Gratitude is acknowledging what is good in life and is often associated with feeling a greater degree of happiness. Have your kids tell you what they are grateful for. Keep it fun and maybe even write it down on a giant poster board to hang up in your space.

## Chair Pose

1. Stand tall, back straight, with feet hip distance apart (Mountain Pose).
2. Inhale and lift your arms up alongside your ears or out in front of you at shoulder level (for balance).
3. Exhale and bend your knees, "sit" down as if sitting in a chair.
4. Breathe in and out slowly and evenly for three deep breaths.
5. Inhale and return to initial standing position (Mountain Pose).
6. Repeat 3-5 times.

## Twisted Chair Pose

Start in Chair Pose. Join your hands together with your elbows out.

Take a big inhale and twist to the left side and place your right elbow on left thigh. Exhale and come back to Chair Pose. Switch sides, repeat on the right side.



## Cat-Cow Breathing

1. Begin in Table Pose (i.e. – get on your hands and knees).
2. Spine should be in a neutral flat-back position.
3. Exhale while lowering your head facing toward your thighs and stretching your spine upward like a scared cat.
4. Simultaneously, suck your stomach in and press your behind forward. Your head will now be between your arms, facing your thighs.
5. Inhale while raising your head to look at the ceiling, drop your belly down like a cow, and round your spine like a letter U
6. That's one round. On the next inhale, come back forward into Cow Pose.
7. Repeat 10-20 times.

## Tree Pose



Big inhale and lean your body to the left, lift up your right leg and place your right foot on the inside of your thigh or calf (not the knee) of the right leg and hold. While holding try to exhale and relax for balance. Repeat with the other leg.

## Happiness BOKS

Find an empty box or jar. On the weekend, have the kids tell you one thing that put a smile on their face and write it down and add to the box. You can continue this each weekend to help practice gratitude!

## Wiggle Test

Have your kids stand up with their hands down by their side.

- While not moving your legs, rotate your core (stomach, back, shoulders) from left to right.
- As you move with your core, keep your arms relax.
- Watch your arms rise up by just moving your core.
- Repeat 3 times.

## Eagle Pose



Hug your legs together, and sit back as in chair pose.

## Up and Down Breath

Have your kids lie down on the floor and close their eyes. Have them put their hands on their stomach (belly). Focus their attention on how their belly goes up and down as they breathe. As the kids are focusing on their breathing the parents can say:

- Every inhale opens a door. Every exhale walks you right through.
- Each inhale creates space. Each exhale moves you into the space.
- Every inhale fills you up. Every exhale relaxes you.
- Every inhale lifts and does the work for you. Every exhale softens or relaxes you right in.
- Repeat.

## Forward and back

Have your kids sit down on the floor legs crossed in front of them. Hands down by their side.

- Big inhale and walk your hands forward on the ground.
- Let your head relax and gently sway back and forth and breathe. Take a big inhale.
- Exhale and walk your hands back up to your sitting positing.
- Big inhale and bring fingertips behind you and lift your bottom off the ground.
- Tip your head back and breath. Big inhale.
- Exhale and bring your bottom back down and into a sitting position.
- Repeat 3 times.

## Active Listening

Another way to practice mindfulness is to have your kids focus on a resonating sound. You could use a bell, chimes, or even a mindfulness app from your phone. The idea is that kids only focus on that sound and nothing else around them. Have the kids close their eyes. Listen to all the sounds they hear around them (outside noise, people breathing next to them etc...). Now ask them to focus on only the sound you will make or play. When they can no longer hear the sound have them raise their hand. Challenge them to try and listen longer than they did the first time they tried.

## Lift Up

Have your kids stand with their hands down by their side.

- Big inhale and lift your arms up over your head.
- Exhale and bring your arms back down by your side, sink or lower your hips down and bend your knees.
- Big inhale and lift your arms up over your head.
- Exhale and relax your arms and bring them back down by your side, sink or lower your hips down and bend your knees.
- Repeat 2 times.

## Warrior 2 Pose

Have your kids stand with their legs slightly wider than their shoulders.

- Set your back heel down, toes slightly turned toward your right foot and take a big step to the right. Big inhale.
- Exhale and lower your hips so your front knee comes over your front foot, open your arms up parallel to the ground and turn your head toward your right arm.
- Big inhale and lift everything back up – arms go up over your head, hips back up to neutral or starting position, legs straighten, head looking forward.
- Exhale and lower your hips so your front knee comes over your front foot, open your arms up parallel to the ground and turn your head toward your right.
- Repeat 2 times

## Mindful Breaths

1. Begin in an easy seated position on the floor, spine straight and body relaxed
2. Breathe in and feel air coming into your nose. Does it feel soft in your nostrils?
3. Breathe out and count one.
4. Breathe in and notice air filling your lungs. Does your ribcage go out?
5. Breathe out and count two.
6. Breathe in and see the air expanding your middle, Does your tummy look round like a ball?
7. Breathe in and notice air filling your lungs. Does your ribcage go out?
8. Breathe out and count three.
9. Repeat for 1-2 more rounds of breathing into your nose, lungs and tummy.

## Ease Experiment

This activity shows kids what it feels like to move when their body is super tense and then how they feel to move with ease. When your body is tense it is hard to move which can be a little stressful.

Frustration can build which can lead to anxiety and then stress levels can increase.

- Tense up your whole body. Clench your muscles, make tight fists and scrunch your eyebrows.
- Keeping your body tense now try and walk around the room. Does it feel like a robot? Does it feel good? Does it seem hard to move?
- Now relax and shake out your body.
- Take a deep breath in (inhale) and lift your arms out and up above your head. Take a long breath out (exhale) and bring your arms back by your side.
- Take a few more deep breaths. Now try and walk around the room. How does your body feel now? Was it easier to move around like this or like before when you felt like a robot? Ask the kids how they felt and let them explain what they were feeling

## Downward Dog Pose



1. Get on all fours - Hands under shoulders, knees under hips, spine neutral (Table-Top Pose).
2. Push your weight in your hands and inhale as you bring your hips and buttocks up and back.
3. Arms and legs remain strong and extended.
4. Cue "tear your mat into two pieces" - hands press forward, balls of the feet press backward.
5. Your head is in between your arms, stomach sucked in, eyes gazing toward belly button.
6. Breathe calmly through the nose, holding the pose for 2-5 deep breathes.
7. To exit, exhale and come back into your initial position (Table-Top Pose).
8. Repeat 3-5 times.

## Tip Over

Have your kids sit down on the floor legs crossed in front of them. Hands down by their side.

- Staying soft and easy, take a big inhale and tip over to your right side, pressing your right arm and forearm on the ground.
- Reach your opposite arm overhead and hang there for a few long deep breaths.
- Big exhale and bring your torso up through the center and reach to the other side.
- Repeat 1 time.

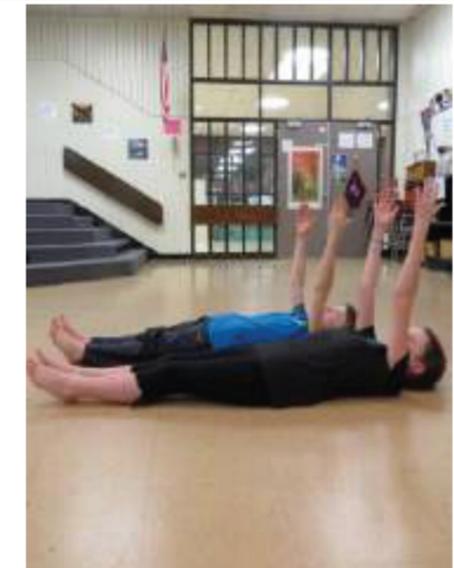
## Right arm up/Left arm up

Have your kids all lie down on the floor or be in a sitting position. Have them put their hands on their stomach.

- Lift right arm up into the air above their head. Lower the right arm back down and place on their stomach.
- Lift left arm up into the air above their head. Lower the left arm back down and their stomach.
- Lift both arms up into the air above their head. Lower both arms back down and place on their stomachs,

Now try the same activity but focus on breathing throughout the movement. Have the kids close their eyes and put their hands on their stomach. Focus their attention on their belly going up and down.

- Take a big inhale through your nose and lift right arm up into the air above their head. Exhale through your mouth and lower (or soften) the right arm back down and place on their stomach.
- Take a big inhale through your nose and lift left arm up into the air above their head. Exhale through your mouth and lower (or soften) the left arm back down and on their stomach.
- Take a big inhale through your nose and lift both arms up into the air above their head. Exhale through your mouth and lower (or soften) both arms back down and place on their stomachs.



# CERTIFICATE OF CONGRATULATIONS

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for completing the

**BOKS APRIL FITNESS CHALLENGE**

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Date

