



# Dragons Move In March!

Spring Break  
2026

1. Student do activity
2. Parent initial the box
3. Return to school for prize drawing!

# M O V E

<p>Jumprope 30 seconds - 3x!</p> <input type="checkbox"/>	<p>Answer on back: how does my body feel after 1 move? Energetic? Tired? Both?</p> <input type="checkbox"/>	<p>Stretch before bed 5 minutes</p> <input type="checkbox"/>	<p>Turn off screens; breathe deeply 60 seconds</p> <input type="checkbox"/>
<p>Drink water instead of soda and juice</p> <input type="checkbox"/>	<p>Go on 20 minute walk with family</p> <input type="checkbox"/>	<p>High knees in place 20 seconds - 3x!</p> <input type="checkbox"/>	<p>Hold a plank for 30 seconds - 3x!</p> <input type="checkbox"/>
<p>Lunges 10x/10x R/L - 3x!</p> <input type="checkbox"/>	<p>Turn off screens; sleep full night</p> <input type="checkbox"/>	<p>Jumping Jacks 60 seconds - 2x!</p> <input type="checkbox"/>	<p>Eat veggies instead of french fries!</p> <input type="checkbox"/>
<p>Fast feet in place for 30 seconds - 3x!</p> <input type="checkbox"/>	<p>Crab toe touch 5x/5x R/L</p> <input type="checkbox"/>	<p>Heel kickers 30 seconds - 3x!</p> <input type="checkbox"/>	<p>Deep Squats in place 30 seconds - 3x!</p> <input type="checkbox"/>