



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 moving my body support my brain?</p> <input type="checkbox"/> 	<p>Stretch before bed 10 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 or friend</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 - 3x!</p> <input type="checkbox"/>	<p>Eat veggies instead of french fries!</p> <input type="checkbox"/> 
<p>Set phone and screens away for 1 full day. No peeking!</p> <input type="checkbox"/> 	<p>Pick your own healthy activity. Describe what you did on the back of this paper!</p> <input type="checkbox"/> 	<p>Jog, bike, skate or blade 30 minutes</p> <input type="checkbox"/>	<p>Deep Squats in place 30 seconds - 3x!</p> <input type="checkbox"/> 