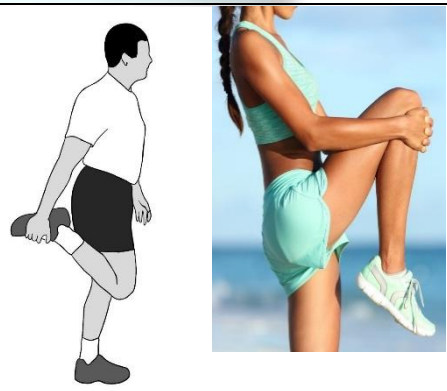



# Mindful Monday



*A stretch based workout*

Activity	Duration	Notes
<ul style="list-style-type: none"> <li>-Stretches that focus on the neck.</li> <li>-Leaning forward and back</li> <li>-Side to side</li> <li>-Neck rotations.</li> </ul>	20 seconds	
Reaching arm across body and holding	20 seconds each arm	
Shoulder circles rotating front and back	20 seconds	
wrist circles clockwise and counter clockwise	20 seconds	

<p>standing up and stretching calf's by pulling your foot up</p>	<p>20 seconds each leg</p>	
<p>circle ankles</p>	<p>20 seconds each ankle</p>	

### COVID-19 Considerations:

Teachers and students please be advised that in some of these activities and games social distancing, and other proper Covid protocols will not be able to be set in place. We ask that teachers use their best judgement on how to properly proceed with these activities based on the class' overall levels of concern. Masks are suggested to be worn at all times, and hand sanitizer should be used before and after every game. Hope you enjoy!