



Week 1 Challenge

Can you make a **GIANT** bubble?

Can you make a **tiny** bubble?

Can you make two bubbles **joined together**?

Can you pop a bubble with your **finger**?

Can you pop a bubble with your **toe**?

Can you pop a bubble with your **head**?

Do you have any other ideas? **Send them to us!**

TIP: If you don't have bubble mixture at home, use 6 parts water to 1 part dish soap/detergent! (Be careful not to get into your eyes)

Week 1 Movement

A great way to get up and moving is by doing Yoga! There are many great Yoga poses that the whole family can do... can you spell out a different word/name each day using these poses?

| | | | | |
|---|---|---|---|---|
|  A Airplane |  B Butterfly |  C Cobra |  D Dog |  E Easy Pose |
|  F Frog |  G Grasshopper |  H Happy Baby |  I Inhale |  J Jack-in-the-Box |
|  K Kite |  L Lion |  M Mouse |  N New Pose |  O Otter |
|  P Peacock |  Q Queen |  R Rag Doll |  S Swan |  T Triangle |
|  U Unicorn |  V Volcano |  W Waterfall |  X |  Y |
| | | | |  Z Zero |

Extension: Can you make your own Yoga pose alphabet?