



May 2020

God Moves in Mighty Ways

Miss Terri Anderson

DRLS Physical Activity Log

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Happy May Day Video https://www.youtube.com/watch?v=3SAA4zTUuk	2 What can you plant in a garden? Flowers or vegetables?
3 Devotions or online church service How has your faith helped you thru this?	4 May the 4 th be with you! Star Wars Workout	5  GO YOU CHICKEN FAT GOOO!	6 Chapel Time Make a piece of equipment! A ball, beanbag, frisbee, fitness equipment?	7 Create your own Ping Pong game. https://youtu.be/oRenrd1gT5o	8 Get ready and Practice for our Field Day https://openphysed.org/nationalfieldday	9 What can you make or do for your mom or dad that would show your gratitude?
10 Happy Mother's Day! Devotions or online church service. I'm thankful for...	11 Morning Stretch/Yoga Bedtime Stretch/Yoga	12 Virtual Field Day!! Choose 4 events! Can you beat my score?	13 Chapel Time Make up a new game! How do you play it and what are the rules?	14 Play the River and the Bank! https://youtu.be/TffgJaOk7CE	15 Dance with Marty again https://www.youtube.com/watch?v=xkgfKu_mQdY&t=10s	16 Send any pics/videos of Field Day to terri.anderson@drlc.org
17 Devotions or online church service What will you continue doing after quarantine?	18 Born to Move workouts Les Mills on Demand	19 Try a challenging Darebee Workout!	20 Chapel Time Send a Miss Anderson a challenge or teach me how to do something new!	21 Ziploc Bag Challenge https://twitter.com/jstatus/1251243206492160002	22 CELEBRATE your successes with a movie, board game and a favorite meal!	23 Can you draw a picture or write a note of thanks to your homeroom teacher?
24 Devotions or online church service I look forward to seeing _____ at school next fall.	25 Memorial Day Time to be remember and be grateful for all who serve our country!	26	27 Last week to send an activity summary, log, picture, or video for May to Miss Anderson	28	29	

Student Name _____ Grade _____ Parent Signature _____