

May 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

|                   |  |  |   |   |   |    |
|-------------------|--|--|---|---|---|----|
|                   |  |  |   |   |   | 1  |
| 2                 | 3<br><a href="https://foodhero.org/recipes/magical-fruit-salad">https://foodhero.org/recipes/magical-fruit-salad</a> | 4<br><a href="https://foodhero.org/seeds/strawberries">https://foodhero.org/seeds/strawberries</a> | 5<br><a href="https://foodhero.org/pe-miss-avie-homemade-bean-bag-games">https://foodhero.org/pe-miss-avie-homemade-bean-bag-games</a>      | 6<br>Follow the leader: Add to the workout with energetic movements such as jumping, stomping, and squatting. | 7<br><a href="https://www.youtube.com/watch?v=-EUEYStS8G4">https://www.youtube.com/watch?v=-EUEYStS8G4</a>  | 8  |
| 9<br>Mother's Day | 10<br><a href="https://foodhero.org/recipes/apple-sandwiches">https://foodhero.org/recipes/apple-sandwiches</a>      | 11<br><a href="https://foodhero.org/seeds/spinach">https://foodhero.org/seeds/spinach</a>          | 12<br><a href="https://foodhero.org/pe-miss-avie-scamper-hunt-outside-walk">https://foodhero.org/pe-miss-avie-scamper-hunt-outside-walk</a> | 13<br>Dance Party - Put on music and dance around at least 20 minutes   | 14<br><a href="https://www.youtube.com/watch?v=HGk-oqzzz6g">https://www.youtube.com/watch?v=HGk-oqzzz6g</a> | 15 |
| 16                | 17<br><a href="https://foodhero.org/recipes/carrot-pancakes">https://foodhero.org/recipes/carrot-pancakes</a>        | 18<br><a href="https://foodhero.org/seeds/microgreens">https://foodhero.org/seeds/microgreens</a>  | 19<br><a href="https://foodhero.org/onoodle-red-carpet">https://foodhero.org/onoodle-red-carpet</a>   | 20<br>Balance on one foot for as long as you can, then the other foot for as long as you can                  | 21<br><a href="https://www.youtube.com/watch?v=u_TrhTwik6c">https://www.youtube.com/watch?v=u_TrhTwik6c</a> | 22 |
| 23                | 24<br><a href="https://foodhero.org/recipes/potato-wedges">https://foodhero.org/recipes/potato-wedges</a>            | 25<br><a href="https://foodhero.org/seeds/beets">https://foodhero.org/seeds/beets</a>              | 26<br><a href="https://foodhero.org/pe-miss-avie-moving-line-line">https://foodhero.org/pe-miss-avie-moving-line-line</a>                   | 27<br>Play Simon Says - make a workout out of it!   | 28<br>No school/Possible snow make up day   | 29 |
| 30                | 31<br>Memorial Day   |  |   |   |   |    |