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| [Listen to a short relaxation story](https://bedtime.fm/peaceout/s1e7-superhero) inspired by superheroes! We’ll stretch, breathe, and talk about how we can be everyday superheroes. | Still struggling to find a schedule that works for you and your child?  Take a look at these  [33 Visual Picture Schedules](https://adayinourshoes.com/free-printable-visual-schedules-for-home-and-daily-routines/) | Missing your friends and family? Make a [Flip Grid](https://info.flipgrid.com/) to say hello, have a dance party, and/or display crafts you created! |
| Get your imagination fired up!  Learn how to draw your favorite characters with [Steve Harpster on YouTube!](https://www.youtube.com/channel/UCHRHILY0t3i5VvKEeFMoJxw) |  | Check out [Pure Edge](https://pureedgeinc.org/virtual-pe-classes/) for Mindful Movement videos and activities, reflection journals, and a mindfulness curriculum.To access,click download under free content to share. |
| Keep your body moving with  [Joe the Body Coach!](https://www.youtube.com/playlist?list=PLyCLoPd4VxBsXs1WmPcektsQyFbXTf9FO) | Keep your mind busy with Science Mom’s and Math Dad’s [fun challenges, games, and crafts.](https://www.youtube.com/channel/UC-QcZISbFb9EiIEQ41cVhxw) | Join a Comic Contest or Virtual Book Fest while engaging in weekly projects on  [Scholastic at Home](https://classroommagazines.scholastic.com/support/learnathome.html) |