

FOR SD83 STUDENTS ...

The Move & Groove Challenge



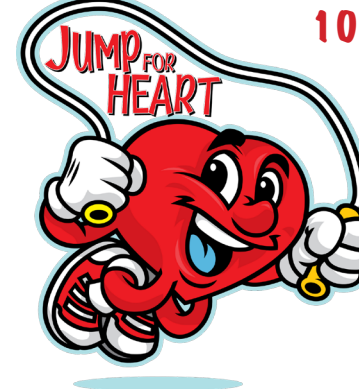
All SD83 students are invited to participate, Jan. 31 to Feb. 25, in this fun COVID-friendly challenge that promotes physical and mental wellbeing. Let's celebrate by engaging in the daily challenges to encourage healthy bodies, minds, and communities.

How do you get involved? Each challenge day there is a physical task outlined below that you can participate in as an individual, class, or school. Participate in all 20 or just pick one or two!

Share a photo and be entered for a weekly prize! To help celebrate the movement in all of us, take photos (individually or physically distanced) and share with others on Twitter (please use #83moves) or email to lpaiemen@sd83.bc.ca. All photos will be entered in a weekly draw for some great prizes! (Please ensure students have photo releases before sharing photo).

Remember, there is no right or wrong way to "Move and Groove"

Enjoy!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 31	 1	 2	 3	 4
Move outside!	Lunge	Balance Pose	Don't forget to Breathe	Bike - Be Creative
 7	 8	 9	 10	 11
Juggle	Catch or Throw	Plank	Jump Rope	Play Outside
 14	 15	 16	 17	 18
Run	Cross Crawl	Play with Balls	Wall Sit	Family Day P.L.A.Y. Challenge Feb. 18-21
 21	 22	 23	 24	 25
B.C. Family Day	Dance	Do an act of kindness	Stand to work	Celebrate!

WARNING! MOVEMENT HAS BEEN KNOWN TO INCREASE HEALTH AND HAPPINESS!