Skaha Library Learning Commons Café

Week #7

Read every day for 15 minutes and choose an activity from the menu to try each week.

Read

Try the SLMS May Reading Challenge at <u>www.slmslibrary.weebly.com</u> Email in your completed Reading Challenge for a chance to win a new book!

Activities Menu

Work on these activities with your siblings or family members if you would like.

Movement	Leadership	Literacy?
EXERCISES FOR KIDS	Dear Magnificent Me Write a letter to your future self.	So, you're not reading that book
1. Planks 2. Push-ups 3. Crunches 4. Cycling Image: Second s	What You Do: 1. Brainstorm what to write about. What are your current goals? What activities and people are important in your life? What are your likes and dislikes? Where	Try this "Fan Favorite" activity. It's another way to use that book you are all finished reading! PS Make sure to return those library books.
5. Lunges 6. Running 7. Stretching 8. Bridge Lift	do you see yourself in 5 years, and whatdo you think you will be doing?2. Compose the letter as if you are writingto yourself in 5 years.	https://www.youtube.com/watch?v=TJ uYFFKyoew&feature=youtu.be
Create your own workout chart. Try to include 10 different exercises. Then do the workout.	 3. Put it in an envelope and seal it. 4. Put the letter away until high school graduation and then encourage him to open it up to see how his goals have changed! 	

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