**Gretna Green Weekly Challenge: April 20th- 24th**

For each day of the week try and complete the given challenges. How many can you complete this week?
Send pictures or videos to brandon.ryan@nbed.nb.ca

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| **Get Outside**Take a 30min walk or bike ride in your neighborhood. Try and skip rope for at least 1 minute without stopping. |  **Show your skill Day!**Do you have any special talents you want to share? Can you juggle, hacky sack, hoola hoop etc..?Take a picture or video and send it to Mr. Ryan and we will share it on our website. | **Create-a-Workout**Design and complete your own 10-minute workout that can be done at home. If you would like to share it you can send it to me and I will use it for one of our weekly activities.  | **Personal Wellness**Did you know many professional athletes (Lebron James, Joe Thornton, Russell Wilson, Tom Brady ) include yoga in their training?Give yoga a try today!<https://www.youtube.com/user/CosmicKidsYoga> | **Dance Day**Turn on your favorite song and enjoy some dancing!Give this site a try for some [guided dances.](https://www.youtube.com/user/GoNoodleGames)  |