**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](mailto: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) |