




































# MOVING MY WAY

# THROUGH THE WEEK

	Week 1	Week 2	Week 3	Week 4	Week 5
	_____to_____	_____to_____	_____to_____	_____to_____	_____to_____
Play a game					
Explore nature					
Dance					
Clean my room					
Stretch					
Go for a ride					
Other					

**YOU  
CAN**