**Day 6 – Home learning for K-2**



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| No technology options | Technology Needed |
| **How is your balance?**  Practice your balance. Try balancing on your knees, one foot, or your belly. How long can you balance? | This week on Go Noodle, check out one of these cool songs.  [**Danger Force**](https://www.youtube.com/watch?v=7Li2qwdUsxU)  Or  [**Get Yo Body Moving**](https://www.youtube.com/watch?v=fpD9kRyBn8o) |
| **Catching experts**  Toss a ball or pair of socks up in the air. Can you catch it 21 times in a row? | How about a **Cosmic kid’s yoga adventure**? Follow the link for a great adventure.  [**Star Wars (Force Awakens)**](https://www.youtube.com/watch?v=coC0eUSm-pc) |
| **Make It Up Day**  Make up a dance. Can you include 4 different body parts? High and low movements? | I bet you all have lots of recyclables laying around these days. Why not give this challenge a try?  [**Backyard Relay**](https://safeshare.tv/x/sR6TSjtZY4k%23) |
| Check out **The Power of Self Talk** attachment to learn about ways to increase your self-confidence. | **Just Dance for kids is featuring**  [**Five Little Monkeys**](https://www.youtube.com/watch?v=IxF0iayJR-s) |