**Day 9 – Home learning for K-2**



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| No technology options | Technology Needed |
| Help a neighbor or friend with some fall clean-up! | This week on Go noodle try out  [**Dynamite**](https://www.gonoodle.com/videos/4wb3LY/dynamite) |
| Read a book while doing a wall sit. | How about a **Cosmic kid’s yoga adventure**? Follow the link for a great adventure.  [**Spider Power Yoga**](https://www.youtube.com/watch?v=fnO-lGEMOXk) |
| **Spring into Action:** Find someone to do 20 jumping jacks with you. | Try out a new workout today. You can choose from exercises or dance moves in this video. [**Dance or Move Tabata 1**](https://www.youtube.com/watch?v=yusb7M7oG94) |
| Did you know donuts have ~280 calories? Jog in place for a 280 count. | If you are a gamer, you may enjoy this video game workout “A crocodile Adventure”  [**A crocodile adventure**](https://www.youtube.com/watch?v=odGmPG_OtFI) |