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| --- | --- | --- |
| **\*10 pts**  10 min  of activity | **\*20 pts**  30 min  of activity | **\*30 pts**  60+ min  of activity |
| [**Cosmic kids yoga**](https://www.youtube.com/c/cosmickidsyoga) | Go for a walk or hike | Build a snowman |
| Go for a walk or hike | Build a fort **(Inside or outside)** and email me a picture.  [**Marcy.downey@ned.nb.ca**](mailto:Marcy.downey@ned.nb.ca) | Go skiing or snowshoeing |
| Clean your room | [**Cosmic kids yoga**](https://www.youtube.com/c/cosmickidsyoga)  or  [**Just Dance Videos**](https://www.youtube.com/JustDance) | Activity of your choice |
| Help out with some snow shoveling | Practice skills for a sport of your choice: i.e. Basketball,  Hockey etc. | Go for a hike or walk |
| Make a card for friend or family member. Give them some compliments. | Make up a game that involves throwing and play your game  with a friend or family member. | Go sliding |
| **Boks Bursts**  These short videos help kids work on skills and provide good opportunities to boost cardio. Video clips are 3 to 5 min in length. I hope that you will give these a try.  [**Alphabet Relay**](https://www.facebook.com/BOKSKidsCanada/videos/boks-burst-alphabet-relay/829065827575113/?__so__=permalink&__rv__=related_videos)  [**The floor is lava**](https://www.facebook.com/BOKSKidsCanada/videos/217872686114488/) | Make an obstacle course and practice. Email me a picture and let me know your best time.  [**Marcy.downey@ned.nb.ca**](mailto:Marcy.downey@ned.nb.ca) | Make a snow sculpture.  I’d love to see a picture of your creation. Email me.  [**Marcy.downey@ned.nb.ca**](mailto:Marcy.downey@ned.nb.ca) |