



PLAYWORKS at Home!

January

Grades 3rd-6th



indoor activities

- [Warm up with Coach K!](#)
- [Chi Master with Coach Porcha](#)
- Keep stretching! Are you closer to your toes?
- Practice! 1 minute of silence. What can you hear?



outdoor activities

- [Get EXTRA funky with the Funky Chicken Cheer](#)
- [Play Red Light Green Light](#)
- Try to identify 5 plants
- Try skipping instead of walking when you go outside!



game of the week

[Huckle Buckle Beanstalk](#) (p. 7)

Challenges: Can you hide the object in a spot no one can find? How quickly can you find the object?

[Huckle Buckle Beanstalk](#) (Español p. 7)

Ideas de Reto: ¿Puedes ocultar tu objeto en un lugar que nadie puede encontrar?
¿Qué tan rápido puedes encontrar el objeto?



[Huckle Buckle Beanstalk](#)
(video)

You can still have recess while distance learning! Find more ideas at: [Playworks.org/PlayAtHome](https://www.playworks.org/PlayAtHome)