

December Spotlight is.....



This month we are learning the importance of getting enough SLEEP! Stars will learn that when we sleep our body grows stronger and healthier!

Week 1: SLEEP! We take an adventure to the jungle to see what the animals are doing while the lions are sleeping.

Week 2: Holiday Star! Stars will learn how to shine like stars this holiday season remembering the importance of our 5 healthy habits.

Week 3: Reindeer Boot camp; We have fun learning about how the reindeer get ready for the holidays. Animals need to eat healthy and exercise to be their best!

Week 4 :Winter Fun! We learn the importance of playing outdoors and staying healthy during the holidays.

Happy Healthy Holidays from Stretch-n-Grow!

Here's What We Worked On:

Strength Training:

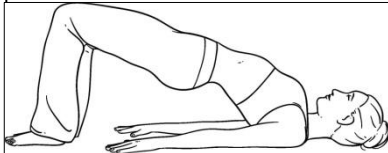
- * Pushups, * Hopping *Squats
- *Lunges *Resistance Bands

Balance & Coordination:

- *Balance Domes * Leaping
- *Throwing & Catching *Fine motor *One foot hop & Balance

Aerobic:

- * Jumping Jacks * Running
- *Skipping *Gallop



Stretch Pose = Bridge	Muscle of the Month: Gluteus Maximus	Exercise of the month: Clam Shell
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