

November Spotlight is.....



Attitude

This month we are learning the importance of having a **Good Attitude** and making good helpful choices. We will focus on **Manners** and being **Thankful!**

Week 1: ATTITUDE! We take an adventure to help Oscar the Grouch learn how to have a better attitude.

Week 2: Manners! Stars will be "Captain Manners" and learn the importance of saying "Please and Thank you" and helping others.

Week 3: Happy Thanksgiving! We take a fun adventure back in time with the Pilgrims learning how Thanksgiving started many years ago!

Week 4: Sharing & Games; We learn to share while take turns, using our manners and showing a good attitude while playing fun filled fitness games!

Here's What We Worked On:

Strength Training:

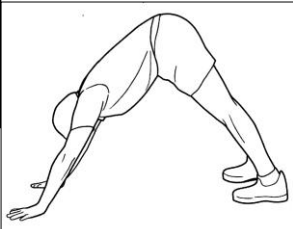
- * Pushups, * Hopping *Squats
- *Lunges *Resistance Bands

Balance & Coordination:

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

Aerobic:

- * Jumping Jacks * Running
- *Skipping *Gallop



Stars Use Manners and show GOOD Attitudes!

Stretch Pose = Dog

Muscle of the Month:
Quadriceps & Hamstring

Exercise of the month:
Squats