



Sweat Every Day

EDMS

Fitness Bingo

Take a pet (or a stuffy) for a walk	Dance party (put on a playlist and rock out, or practice a dance challenge!)	Stairs at home or school (x5)	Complete a Christmas Scavenger <u>Hunt</u> (on the back)	Family (active) game night - Twister, Charades, active video game (like Wii)
Take a walk together as a family	Shovel your neighbors' driveways	ATTEND A LIVE CLASS (see schedule on back)	Practice yoga together	ATTEND A LIVE CLASS (see schedule on back)
Build a snowman or a snowfort	Everyone does an active chore (sweeping, vacuuming, dusting, etc.)	FREE	ATTEND A LIVE CLASS (see schedule on back)	Shovel snow
Practice yoga together (Cosmic Yoga has great classes for kids online)	Winter Activity (sledding, skating, snowball fight, etc.)	Keep the balloon/ball up - keep track and set a record!	Sit ups, pushups and squats (x20)	Stream a fitness or dance video and do together (try Sweatin to the Oldies for a laugh!)
Play a game of snow soccer or snowy catch	Play "Floor is Lava" in your house	Family Freeze Dance	30 jumping jacks (x3)	ATTEND A LIVE CLASS (see schedule)

Each row completed is ONE ENTRY.

**Return to the school by Friday, December 17th
to be entered in the prize draw.**

**Tag @EDMS with a picture of your family
completing an item for an additional entry**



Christmas Neighborhood **Scavenger Hunt**

How many can you find? Circle the ones you find.



Red and green
Christmas lights



Christmas tree



Christmas wreath



Candy cane decoration



Snowman



Snowflake decoration



Santa decoration



Ornament



Reindeer decoration



Bells decoration



Christmas present



Poinsettia

CraftCornerDIY.com

LIVE CLASS SCHEDULE

Join us online! Bring the whole family!

YOGA Classes:

Tuesday, Dec. 7 @ 7:00pm (30 mins)

Saturday, Dec. 11 @ 9am (30 mins)

Sunday, Dec. 12 @ 9am (30 mins)

LIVE LINK - click [here](#)

WORKOUT Classes:

Tuesday, Dec. 7 @ 6:30 pm (30 mins)
(you will need 2 full water bottles)

Saturday, Dec. 11 @ 9:45am (30 mins)
(you will need 2 full water bottles)

Sunday, Dec. 12 @ 9:45 am (30 mins)
(you will need 2 full water bottles)

LIVE LINK - click [here](#)