

# North Providence School Department

## North Providence Virtual Wellness Week

### Monday May 23<sup>rd</sup> through Friday May 27<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Release:</b>  <b>Activity Challenge:</b>            Fab-You-Us Video            (Classroom Share w/ ES)  <a href="https://youtu.be/dUuBQJV2R">https://youtu.be/dUuBQJV2R</a>  <a href="#">Ac</a></p> <p><b>Summer Safety:</b>            Water Safety  <a href="https://docs.google.com/presentation/d/14paFUTEk_eS_p1bLrbgPnJzBV7OqZmWK4b_5uAdj9mFE/edit?ts=60a699d7#slide=id.gda58a46931_2_0">https://docs.google.com/presentation/d/14paFUTEk_eS_p1bLrbgPnJzBV7OqZmWK4b_5uAdj9mFE/edit?ts=60a699d7#slide=id.gda58a46931_2_0</a></p> <p><b>Wellness Challenge:</b>  <a href="#">Newsletter</a></p>	<p><b>Release :</b>            Recipe # 2 Video            Add link  <a href="https://vimeo.com/showcase/7232570/video/427834979">https://vimeo.com/showcase/7232570/video/427834979</a></p> <p><b>Release:</b>  <b>Activity Challenge:</b>            Classroom Share w/            Secondary Students  <a href="https://watch.lesmillsand.com/quick-hiit-workouts/season:1/videos/les-mills-grit-quick-hiit-workout-02">https://watch.lesmillsand.com/quick-hiit-workouts/season:1/videos/les-mills-grit-quick-hiit-workout-02</a></p> <p><b>Summer Safety:</b>            Bicycle Safety  <a href="https://docs.google.com/presentation/d/1bQ5Mdqrd4okj5FZ-IJ0GzWTHZcrMDBjuRIUVflwIBWc/edit?ts=60a699a1#slide=id.gda5b4de6c3_0_13">https://docs.google.com/presentation/d/1bQ5Mdqrd4okj5FZ-IJ0GzWTHZcrMDBjuRIUVflwIBWc/edit?ts=60a699a1#slide=id.gda5b4de6c3_0_13</a></p>	<p><b>Release:</b>            Recipe # 3 Video  <a href="https://vimeo.com/showcase/7232570/video/445672954">https://vimeo.com/showcase/7232570/video/445672954</a></p> <p><b>Release:</b>  <b>Activity Challenge</b>            Fab- You- Us Video            (Classroom Share w/ ES)  <a href="https://youtu.be/kVM5fx1W6Vk">https://youtu.be/kVM5fx1W6Vk</a></p> <p><b>Secondary Activity Challenge:</b>            Geared to Secondary Students  <a href="https://drive.google.com/file/d/1poQ3SoYAk58kbfH_R201WlIBRk3S6tc/view">https://drive.google.com/file/d/1poQ3SoYAk58kbfH_R201WlIBRk3S6tc/view</a></p> <p><b>Summer Safety:</b>            Sun Protection  <a href="https://docs.google.com/presentation/d/1wT-T78Wgq_CScuwWxD9taJRRhY5ZyJbzCqcjPLpkZkc/edit?ts=60a69985#slide=id.d.p">https://docs.google.com/presentation/d/1wT-T78Wgq_CScuwWxD9taJRRhY5ZyJbzCqcjPLpkZkc/edit?ts=60a69985#slide=id.d.p</a></p>	<p><b>Release:</b>            Recipe # 4 Video  <a href="https://vimeo.com/showcase/7232570/video/445672523">https://vimeo.com/showcase/7232570/video/445672523</a></p> <p><b>Release:</b>  <b>Activity Challenge</b>            Classroom Share w/            Secondary Students  <a href="https://watch.lesmillsand.com/quick-hiit-workouts/season:1/videos/les-mills-grit-quick-hiit-workout-01">https://watch.lesmillsand.com/quick-hiit-workouts/season:1/videos/les-mills-grit-quick-hiit-workout-01</a></p> <p><b>Summer Safety:</b>            Playground Safety  <a href="https://docs.google.com/presentation/d/1j-0ZG6WKgirtcpx6NufJZCtOkMy18DTa_llyZePi8dM/edit?ts=60a699fe#slide=id.p">https://docs.google.com/presentation/d/1j-0ZG6WKgirtcpx6NufJZCtOkMy18DTa_llyZePi8dM/edit?ts=60a699fe#slide=id.p</a></p>	<p><b>Release:</b>            Recipe # 5 Video  <a href="https://vimeo.com/showcase/7232570/video/428501001">https://vimeo.com/showcase/7232570/video/428501001</a></p> <p><b>Release:</b>  <b>Activity Challenge</b>            Fab- You –Us            (Classroom Share w/ ES)  <a href="https://youtu.be/EUKMzob5n2c">https://youtu.be/EUKMzob5n2c</a></p> <p><b>Release Activity Challenge:</b>            Slam Ball Video  <a href="https://video.link/w/0Hwqc">https://video.link/w/0Hwqc</a></p> <p><b>List of local Walking Trails:</b>  <a href="https://drive.google.com/file/d/1pj-kiTcuS1eHas14Fghl7BAH8Db5U9An/view?ts=60a6a1c4">https://drive.google.com/file/d/1pj-kiTcuS1eHas14Fghl7BAH8Db5U9An/view?ts=60a6a1c4</a></p> <p><b>Raffles!</b></p>

Serving up happy & healthy