

Date	Social Skill of the day			Physical Activity of the day	Fruit and Vegetable of the day
	School Age	Pre-Teen	Teens		
June 12 th	Introductions and Maintaining Conversations	Introductions and Understanding Social Thinking	Introductions and Maintaining Conversations	Jumping Jacks	Apple
June 14 th				High Knees	Carrot
June 19 nd	Communication Strategies	Communication Strategies	Communication/ Appropriate Electronic Communication	Crunches	Blueberry
June 21 th				Burpees	Zucchini
June 26 th	Problem Solving	Problem Solving	Problem Solving	Mountain Climbers	Strawberry
June 28 th				Star Jumps	Cauliflower
July 10 th	Impulse Control	Impulse Control	Impulse Control	Hop on one Foot	Banana
July 12 th				Jump Rope in Place	Bell Pepper
July 17 th	Sportsmanship & Bullying	Sportsmanship & Bullying	Sportsmanship & Bullying	Butt kicks	Orange
July 19 th				Flutter Kicks	Avocado
July 24 th	Being Flexible	Being Flexible	Being Flexible	Ski jumps	Cherry
July 26 th				Push Ups	Tomato
July 31 st	Anger Management	Anger Management	Anger Management	Squats	Pineapple
Aug. 2 nd				Planks	Spinach
Aug. 7 th	Emotional Regulation	Emotional Regulation	Emotional Regulation	Lunges	Pear
Aug 9 th				Side Crunches	Green Beans

Weekly Themes