

PE With Jose - Week 8

**Physical Activity of the Week:**

***Turkey Ninja - Thanksgiving Virtual Fitness Workout (Get Active Games)***

<https://m.youtube.com/watch?v=56Oj2Rav4Xw>

**November 13th:**

***National Kindness Day***



Treat others the way you want to be treated. Be kind and hopefully you will inspire others to do the same :)

<https://m.youtube.com/watch?v=cFmZV5THGYc>

Kids explain kindness

<https://m.youtube.com/watch?v=4z7gDsSKUmU>

How To Change The World (a work in progress) | Kid President  
"Love changes everything. So fill the world with it!"