

Week 11 of Remote Learning - PE with Jose!

In Celebration of Giving Tuesday



This week's social emotional lesson was on the value of giving back to others. There are many people in need of something. Most people understand that we need clothes, food, and shelter. But what about the things we need that we can't see or touch? Things such as kindness, compassion, and love. No matter who you are, we could all use a lot more of those things in our lives. Please continue to give back to others whenever and however you can. Remember.. smiles are free :) and kindness is the gift that keeps on giving!

Telling jokes is a great way to share a laugh, make a connection, and create memories with others. Please explore the link below and see how many chuckles you can get out of your family and friends :) Some jokes are a little cheesy but I think that's the whole point. Find something that is funny for YOU and YOUR loved ones. Please continue to give back to others whenever and however you can.

FITNESS CHALLENGE!

*For every joke that makes you laugh, you must do **5 Jumping Jacks**. You may stop after 8 jokes make you laugh (**40 Jumping Jack Minimum**) but I challenge you to do up to 10 jokes (**50 Jumping Jack Maximum**). Divide them up into groups of **5 Jumping Jacks at a time** and don't rush. Don't forget to drink some water!.*

Amber Guetebier

Here Comes the Pun: 275 Hilarious Jokes for Kids

<https://www.google.com/amp/s/redtri.com/best-jokes-for-kids/amp/>