

Movement

- Workout at Home
 - Google Doc with links to YouTube videos
 - https://docs.google.com/document/d/1rmASRGru-zXis0Xc85v0-3fgPeGMAIIB3KDXFyHOzHk/edit?fbclid=IwAR0CZ_0CDpHrVodU9YGMAdlHoUmk8v98BEujTG-Cq_iOLnpHC0LleD8aG_I
- Ailey Extension
 - scheduled dance lessons
 - <https://www.aileyextension.com/keepdancing?fbclid=IwAR3X6--4utJoTw3OSES3csUFd1isgIIIcTR28V37cMdEUvX9KmgG7d4vX80>
- Joe Wicks YouTube Channel
 - daily PE classes for kids
 - <https://www.youtube.com/user/thebodycoach1/featured>
- Cosmic Kids Yoga
 - YouTube channel with yoga videos for kids
 - <https://www.youtube.com/user/CosmicKidsYoga>