

TUESDAY

MOVE IT MORNINGS

[Click to join Coach Spence for Move It Mornings!](#)

ARTS & CRAFTS

[These paper flowers are perfect gifts for Mother's Day!](#)

SKILL TUTORIAL

[Practice your Side Kick!](#)

HEALTHY SNACKS

[Yum! Make some banana ice cream!](#)

GET OUTSIDE!

[Make this awesome DIY Teepee!](#)

AFTERNOON WORKOUT

[This is a super fun workout to get moving!](#)

EVENING GAME

[These "Minute to Win It" games are always a hit!](#)

BEDTIME REFLECTION

[Is your mind sleepy? Need some help?! Check this out.](#)