



# HERMOSA VALLEY 4-5 ACTIVITY LIST

Join us for some End of the School Year Fun!

Complete the activities all week and tell us what you did to be entered in our Raffle!

**CLICK HERE** for the Activity Form and make sure to **submit** by 3pm on Friday, 6/12.

## PHYSICAL CHALLENGES

- Time yourself in a **100 Yard Dash**
- How long you can hold a **Wall Sit?**
- How long you can hold a **Plank Position?**
- How many **Pushups** can you do 30 secs?
- How many **Squat Jumps** can you do in 30 secs?

## THE SILLY STUFF

- Face the Cookie
- Dizzy Bat
- Dance Challenge - Bust Out Your Best Moves
- Dryer Sheet Speed Skate versus your family
- Juggle 3 Objects of Your Choice
- BONUS ACTIVITY:** Send a Card to Someone Making a Difference in our Community

## I'VE GOT SPIRIT, HOW 'BOUT YOU? DRESS UP DAYS

- Monday - Let's Kick off Spirit Week with a Spirit Wear Day!
- Tuesday - We're All Doing it Anyway! Official PJ/Comfy Clothes Day!
- Wednesday - Make it a Wacky Wednesday (mismatch and/or inside out outfits)!
- Thursday - Let's go nuts, it's Crazy Hair or Hat Day!
- Friday - It's the end of the year & the end of our Spirit week - Aloha Friday!

**SHARE YOUR PICTURES USING #HVSGoetheDistance**

Participate as much or as little as you want!  
Raffle Winners will be announced on Monday, 6/15.

