Urdhva Mukha Svanasana
Upward Dog Pose

Adho mukha svanasana
Downward Dog Pose

Ardha Pincha Mayurasana
Dolphin Pose

Garudasana
Eagle Pose

Eka Pada Rajakapotasana
Pigeon Pose

Smile & Yoga

Hold each pose for

Grade 1-3

DRINK at least 5 glasses of WATER today

Grade 1-3

Movie Review

Movie Name:_____

Your Movie Rating

Terrible	Bad	OK	Really Good	Fantastic

Draw a character from the Movie

Grade 1-3

THE BODY WEATHER REPORT

Just like the weather changes outside, our thoughts and emotions change in our body. Take your weather report by answering the following prompts:

Scanning my body I notice

Cool	Hot	Warm	Burning

Observing my mind I notice:

Calm	Gentle	Blank	Mess

Checking in with my heart I notice:

Slow	Regular	Fast	Rapid

Grade 1-3

New Questions Everyday

Dinner Project

What is the nicest thing a friend has ever done for you?

What is your favorite movie and why?

What is your favorite family tradition?

EVERYONE ON THE DINNING TABLE HAS TO ANSWER THESE QUESTIONS.

Grade 1-3

Solve these Riddles

221 The most fabulous way to locate pots of gold.

222 A kind of weather that comes your way, but add a "D" and it will run away.

223 This noble creature has the embarrassing inability to get up once it's been flipped onto its back.

224 I wiggle and cannot see,
sometimes underground and sometimes on a tree.
I really don't want to be on a hook,
and I become a person when combined with book.
What am I?

225 I'm a starchy plant tuber that is one of the most important food crops, cooked and eaten fried, such as french fries.

226 I'm often served as a "rack of ..." I'm often smoked or grilled, with bones in, and slathered in sauce.

Grade 1-3

Solve these Riddles

227 It's real until the trick is revealed.

228 What has holes on each side, but can still can hold water?

229 Tucked out of sight. I sing best at night.
No instrument around, but you'll find me on the ground.
What am I?

230 I am commonly abbreviated to H. What am I?

231 What is orange and sounds like a parrot?

232 John's mom had three children. The first child was April. The second child
was May. What was the third Child's name?

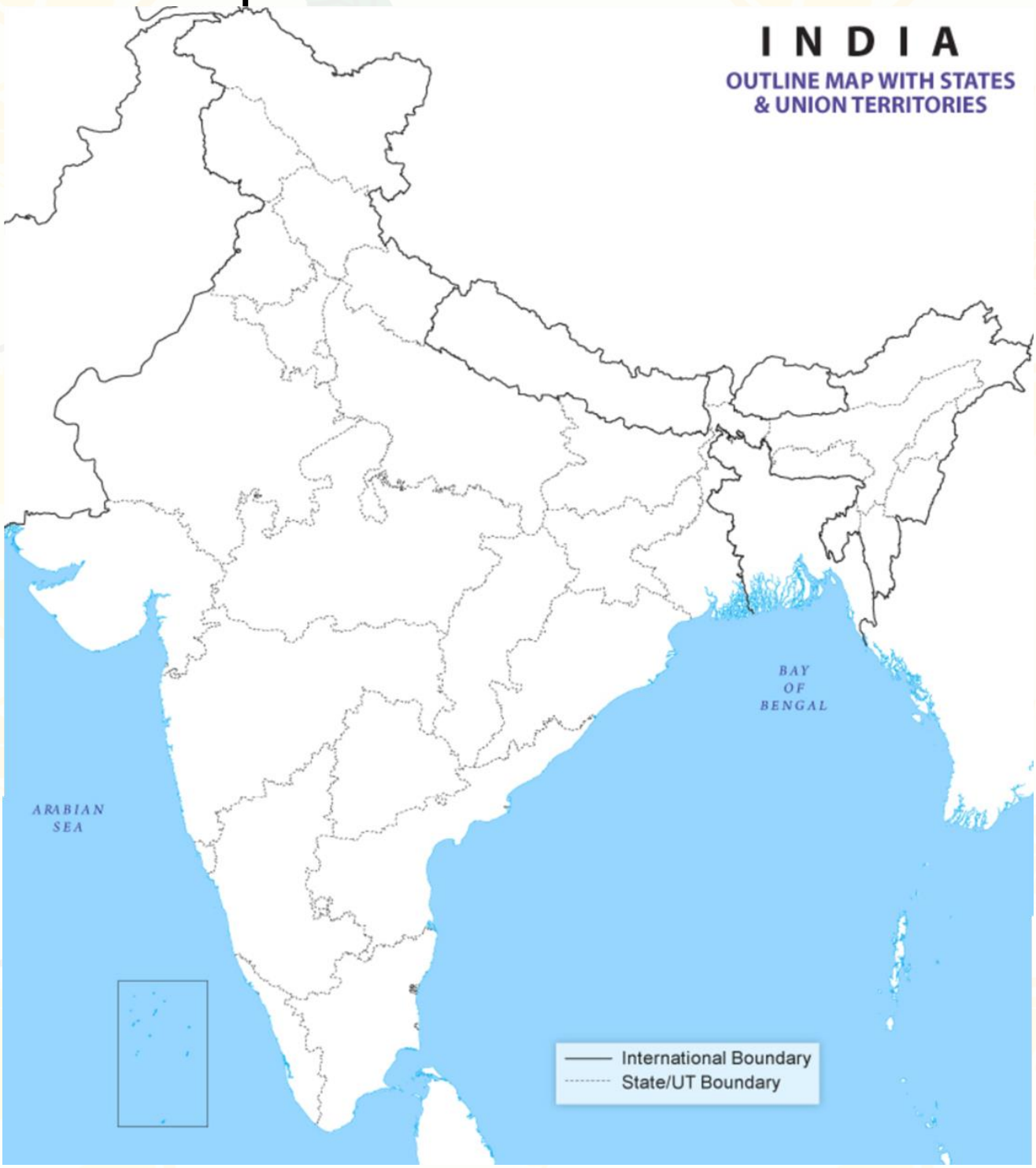
Grade 1-3

Find the below countries in an ATLAS. Write their capital in this sheet.

Country	Capital
Myanmar	
Nepal	
North Korea	
Oman	
Pakistan	
Philippines	
Qatar	
Saudi Arabia	
Singapore	
South Korea	
Sri Lanka	
Syria	
Taiwan	
Tajikistan	
Thailand	
Turkey	
Turkmenistan	
United Arab Emirates	
Uzbekistan	
Vietnam	
Yemen	

Grade 1-3

Mark the below States/ UT & fill in their Capitals

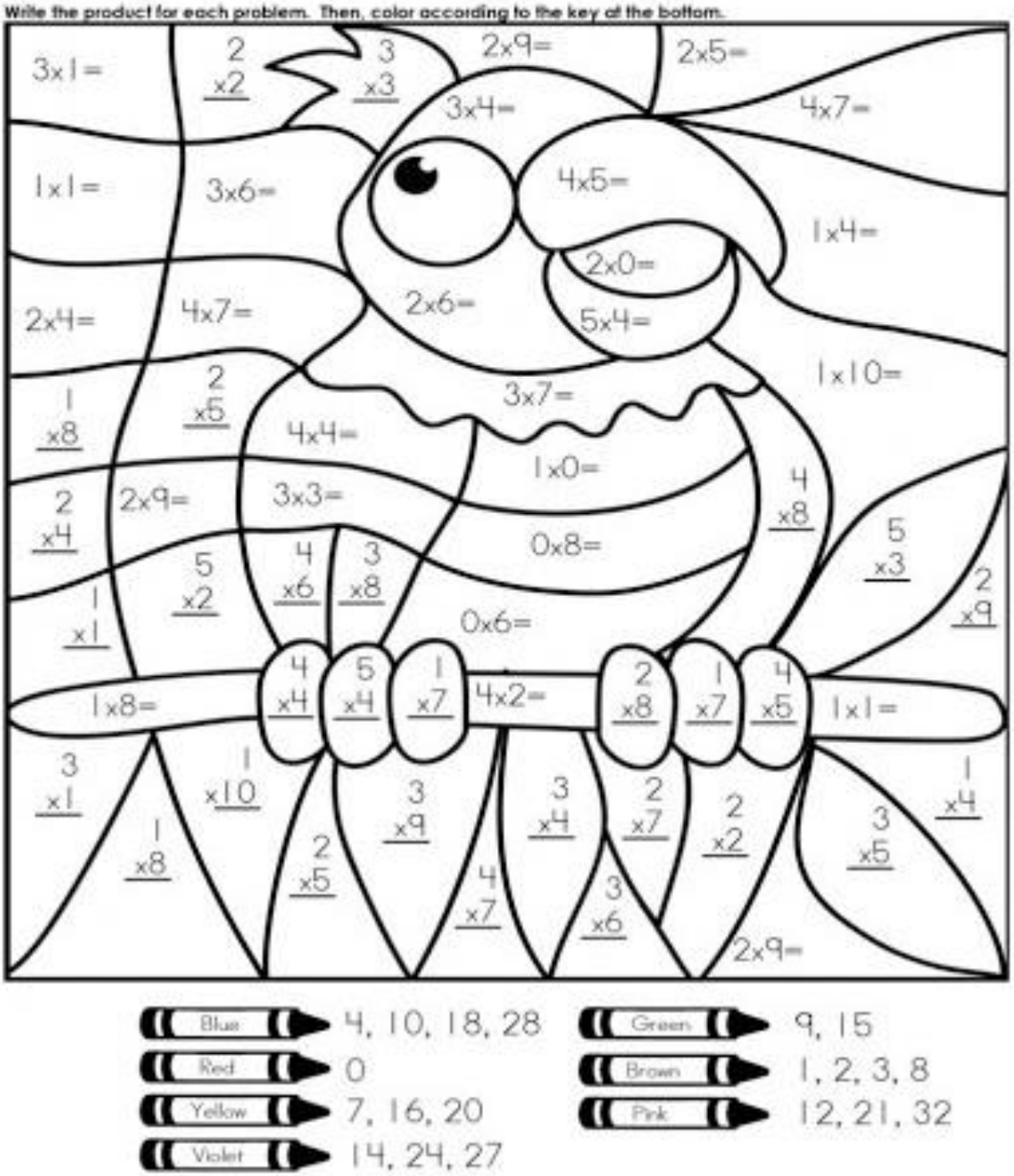


Sikkim	
Jharkhand	
Andhra Pradesh	
Arunachal Pradesh	
Tripura	

Telangana	
Kerala	
Himachal Pradesh	
Daman	
Manipur	

Grade 1-3

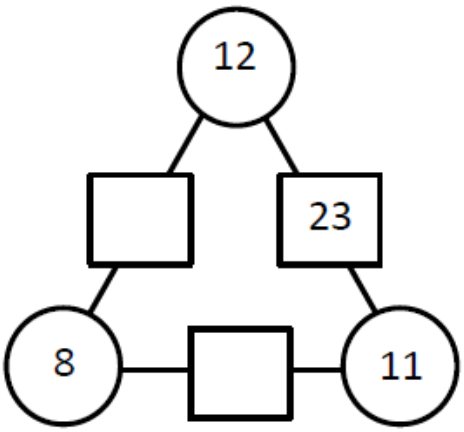
Colour by Numbers

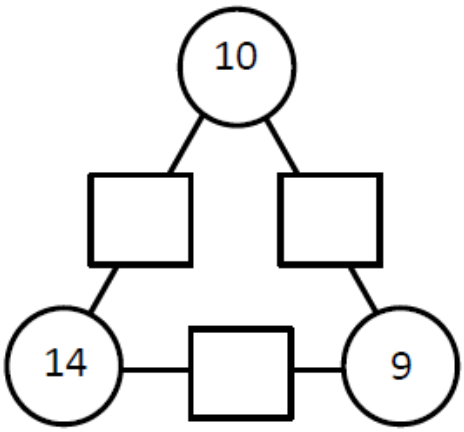


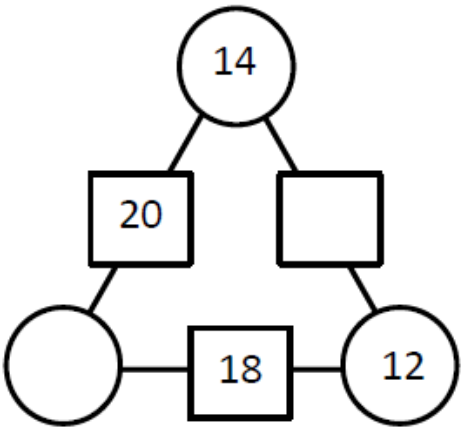
Grade 1-3

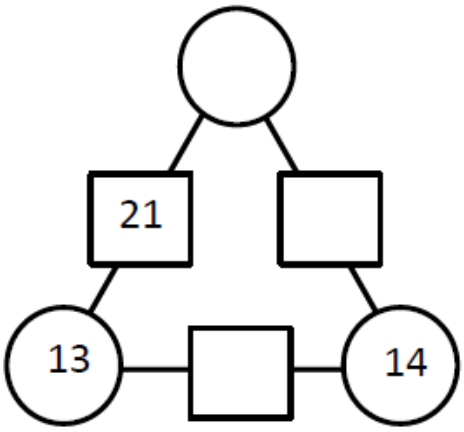
Triangle Numbers

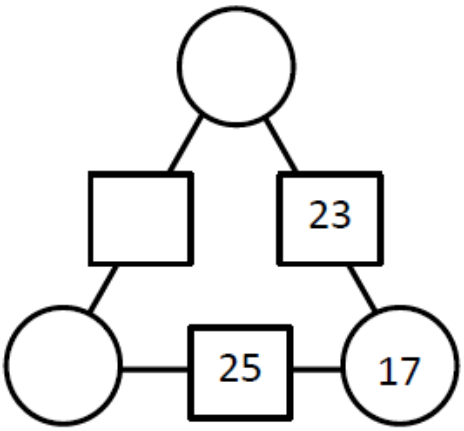
The numbers in the circles added together makes the number in the linking rectangle. Find the missing numbers in the puzzle

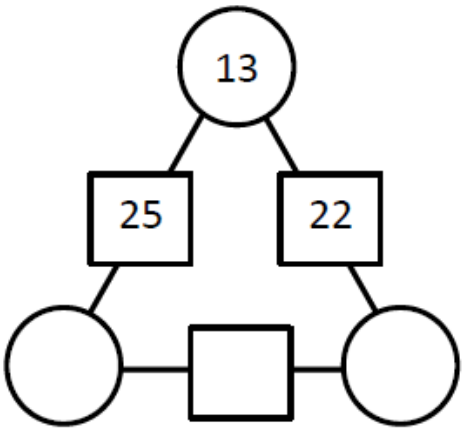












Grade 1-3

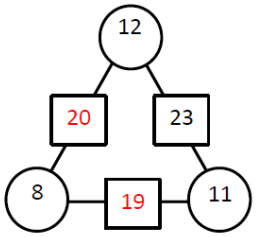
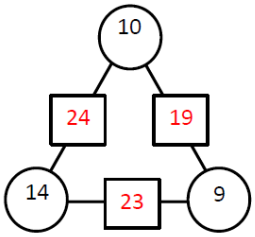
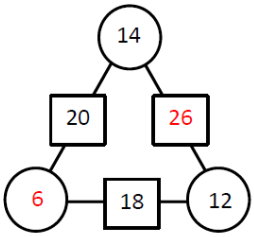
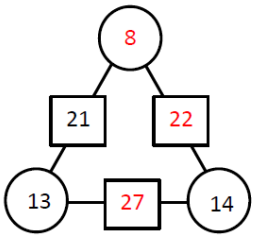
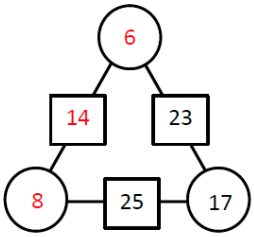
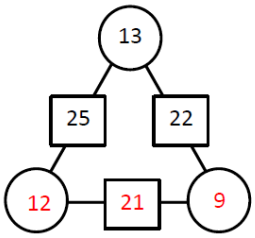
All About Mexico Word Search

All About Mexico is the theme for this word search. The words in this word search are hidden across, down, and diagonally, with no backwards.

H	A	M	M	O	C	K	T	O	U	R	I	S	M	Y
D	S	F	E	E	A	D	R	C	R	E	I	I	E	S
D	C	P	N	X	O	C	E	L	O	T	N	I	D	A
A	U	O	A	E	I	C	H	N	N	A	A	U	L	U
Y	B	G	O	N	A	C	O	P	O	T	T	E	R	Y
O	A	S	Y	M	I	R	O	R	A	T	I	I	E	W
F	D	A	D	O	N	S	T	C	N	O	A	C	L	P
T	I	I	D	L	D	H	H	H	I	A	A	A	I	Y
H	V	N	C	E	R	S	U	P	Q	T	P	T	G	R
E	I	T	A	A	M	E	E	I	H	U	Y	R	I	A
D	N	S	A	Z	N	S	A	O	P	R	A	E	O	M
E	G	T	S	T	O	C	L	E	I	I	I	K	N	I
A	A	Y	P	E	P	I	U	F	G	I	L	R	E	D
D	E	G	C	C	C	A	R	N	A	V	A	L	N	S
F	S	R	G	S	C	H	I	H	U	A	H	U	A	A

AZTECS
CANCUN
CARNAVAL
CATHOLIC
CHIHUAHUA
COATI
CORN
DAYOFTHEDEAD
EARTHQUAKES
HAMMOCK
HUIPIL
MEXICOCITY
MOLE
OCELOT
PESO
POTTERY
PYRAMIDS
RELIGION
SAINTS
SCUBADIVING
SPANISH
TOURISM

Grade 1-3
ANSWERS

Riddles Answer

221. rainbow
222. drain
223. turtle
224. worm
225. potato
226. ribs
227. magic
228. sponge
229. cricket
230. hydrogen
231. carrot
232. john