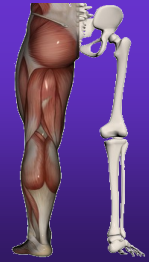


My Perfect Plate

Lower Body Muscle and Bone Review

MOTOR SKILL FOCUS
Marching (Locomotor)



YOGA POSE
Warrior



PLANNING A SUMMER AT HOME?

Staying put this summer? Let the children enjoy the garden or local parks. Give them time for unstructured play. With a few bits and bobs* and leave them be. Watch the results from a distance. *rugs, clothes horse, pots & pans etc etc

