



# May 2020

## Gymnastics Activities Calendar

Tumbles  
Mobile  
Gymnastics 

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>If your child is not sure how to do something on the activities calendar, please check out our website at <a href="http://www.tumbles2flip.com">www.tumbles2flip.com</a>. We have posted links to our warmup, skill and calendar videos.</p>				<p><b>1</b> Hop to the bathroom and brush your teeth.</p>	<p><b>2</b> FAMILY FUN DAY</p>
<p><b>3</b> FAMILY FUN DAY</p>	<p><b>4</b> Give your family a BIG HUG!</p>	<p><b>5</b> BUNNY HOP to the Table.</p>	<p><b>6</b> Make a happy face, then a silly face.</p>	<p><b>7</b> Put your favorite stuffed animal on your belly and make a TABLE.</p>	<p><b>8</b> Make a TUCK position with your favorite stuffed animal.</p>	<p><b>9</b> FAMILY FUN DAY</p>
<p><b>10</b> FAMILY FUN DAY</p>	<p><b>11</b> Put your favorite stuffed animal on your belly and walk like a crab.</p>	<p><b>12</b> MARCH backwards for 10 steps</p>	<p><b>13</b> Put your favorite stuffed animal on your head and walk on your tip-toes.</p>	<p><b>14</b> HOP on one foot and turn around.</p>	<p><b>15</b> Clap your hands and recite the ABC's.</p>	<p><b>16</b> FAMILY FUN DAY</p>
<p><b>17</b> FAMILY FUN DAY</p>	<p><b>18</b> Can you walk forward on your heels?</p>	<p><b>19</b> Help your stuffed animal to do a HANDSTAND!</p>	<p><b>20</b> Let's stay strong! Try a PLANK, count to 5.</p>	<p><b>21</b> Surprise everyone and clean up your room!!</p>	<p><b>22</b> GALLOP to your bedroom at bedtime.</p>	<p><b>23</b> FAMILY FUN DAY</p>
<p><b>24</b> FAMILY FUN DAY</p> <hr/> <p><b>31</b></p>	<p><b>25</b> Spend 10 minutes with your favorite book.</p>	<p><b>26</b> Try 5 BUNNY HOPS with your favorite stuffed animal.</p>	<p><b>27</b> Try a FLAMINGO with your favorite stuffed animal.</p>	<p><b>28</b> Ask if you can help set the table for dinner!</p>	<p><b>29</b> Make a SQUAT, jump up and say TA DA!</p>	<p><b>30</b> FAMILY FUN DAY</p>