

# Parent Instructions: May 2020

## GET THEIR YA YA's OUT!



## Walk & Roll Recess Challenge

**WHAT:** A four-week physical recreation distancing challenge

**WHY:** To boost physical/mental health in children during school closures, and have FUN!

**HOW:** Children track their daily exercise during home recess time on student log (15 to 30 minutes per day is suggested)

**WHERE:** Exercise at home, or in your neighborhood (staying 6-feet-away from others if you bike, walk or hike)

**WHEN:** *Monday, May 4 to Friday, May 29*

**YA YA Day:** If we all try our best to earn "YA YA points," then our school will celebrate Ya Ya efforts next fall. Meanwhile, we can all join together now to get our Ya Ya's out.

How to get started: **SO EASY!!!** **Three steps ...**

**#1 PRINT** the attached Student Points Log and post to your fridge, or another central location in your home to record daily "YA YA points." (Another option is for your child to create their own colorful daily chart to track points.)

**#2 DISCUSS** with your child how to earn "YA YA" points. This is our point system for daily fun:

4 points = Bike/Scooter *six feet apart from others*

3 points = Walk/Hike/Run/Skip *six feet apart from others*

2 points = Jump-rope/Dance/Hula-Hoop/Garden/Hopscotch

*Any exercise counts! Just make sure they exercise from a safe distance.*

Note: If a child misses one day ... that's okay! They can do a make-up exercise day on the weekend and still receive points.

**#3** Help your child track their points daily, **and on the last day of the contest, May 29, report your child's points.**

Please help your child to add up their total "YA YA points" on May 29. Go to our **GOOGLE FORM: RECORD TOTAL POINTS HERE** to record your child's points so we can calculate a **GRAND** total for our school. If you do not have access to **GOOGLE FORM**, then you can take a photo of their student point log and e-mail it to [renee@marinbike.org](mailto:renee@marinbike.org) (or mail it to Renee at Safe Routes to Schools, 733 Center Street, Fairfax, CA 94930 before June 15, 2020).

