



Hello Kensington Friends!

I hope you and your families are all staying safe and healthy! Remember, exercise is important for everyone and it makes a body feel better. Try to get some exercise each day!

Mr. Rankin

Video/Family Time	<ul style="list-style-type: none"> Watch the video using the link below. You may find it helpful to watch it a few times before you begin exercising. <p>https://youtu.be/y7VdNvtAv7Q</p>
Movement Required	<ul style="list-style-type: none"> Watch the video using the link below. Your family may find it helpful to watch the video a few times before you begin dancing! Have fun! <p>https://youtu.be/npp1z32idrc</p>
Reflect	<ul style="list-style-type: none"> Have any of you been dancing at home?
Review	<ul style="list-style-type: none"> Talk with your family and share "The Golden Rule". What do you know about it? Why is it important?
Design	<ul style="list-style-type: none"> Create a picture or poster about "The Golden Rule". Where can you hang it in your home? Why would that be a good spot to put it?
Tell Me	<ul style="list-style-type: none"> Anything happen you would like to share?

Questions? Want to share anything? Contact me at rankinm@springfieldpublicschools.com