

PALERSIZE ADVENTURES IN FITNESS

Palentine Pals!



Palentine Pals

Warm up with a baton, Think,Bink, Wink & turn your baton into a microphone or a guitar & be a Pal Rock Star! Learn the Dragon, skipping & the Pal Cheer & Mr. Froggy wand will show you how to be a Pal AND tiptoe AND jump like a frog! Think, Bink, Wink & Freeze! Use your oil can to loosen your joints & balance on 1 foot so many ways! The heart beat test! Learn about your heart & why **exercise is so important to do 4 the rest of your life!** 3 Deep breaths when you feel, Mad, Sad or Frustrated. Teach your family

1

THE PAL CHEER

Spell Pal with your body,
learn how to skip,
do the dragon & do
the Pal Cheer w
your pompoms

2

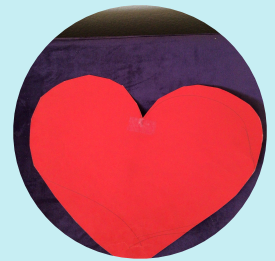
MR. FROGGY WAND

Meet Mr. Froggy
wand, learn how to
🐝 nice to your Pals
🐝 a frog!
Play Prince/Prince
Tiptoe!

3

THE HEART BEAT TEST

*The Heart Beat test
*Balance on 1 foot
*3 deep breaths
when you feel Mad,
Sad, or Frustrated!
*How important
exercise is



**Make your
own Heart
Red posterboard**



PAL Pom-Pom



Baton

Pal Homework:

3 deep breaths
when you feel
Mad, Sad, or
Frustrated!

PAL HOMEWORK : 3 DEEP BREATHS WHEN U FEEL MAD, SAD, OR FRUSTRATED! TEACH YOUR FAMILY!

Pal Language

Word of the Day: Palentine

Pal-en-tine

Part of speech: Paljective

Origin: Your Heart

Love the one your with;

Example of Palentine in a sentence:

It's Palentines day . . .Will you be my Palentine!?



**Palersize Subscription
starts February 2021!**

Only \$14.99 per month

*3 Pal Videos : Palentine Pals,
Fly 2 the Pal Jungle &
The Candy Cane Stretch

*Pal Homework

*Storytelling *Palwellness

HAPPY PALENTINES DAY!

Palersize LIVE w ❤️ Pal Mel & Mr. Froggy
Wand & Try a few classes ON ME!
;) Think, Bink, Wink!

Friday evenings, Saturday a.m. & Sunday after noon !!

Email Pal Mel directly for your Fairy 🧚 own invitation:
palersize@gmail.com

