



Live Your Why – Afterschool Edition

Do you like to do headstands, cartwheels, and somersaults?
**Try some gymnastic moves in a safe location with
adult supervision.**



Scan this:



gymnastics4hire.edu.au/articles/gymnastics-activities-at-home

How do you make a space safe for gymnastics in your
home?



Looking for other ideas to help plan your afternoon? Visit us at
www.healthylamoillevalley.org/liveyourwhy