

**SPELL THE WORD ON EACH DAY OF THE CALENDAR, USING
THE ALPHABET BELOW. HAVE FUN!**

MAY 2020						
Sunday	Monday	Tuesday	Wednes	Thursday	Friday	Saturday
26	27	28	29	30	1 FLOWERS	2 MAY
3 GRASS	4 SPRING	5 MOWING	6 BUTTERFLY	7 KITE	8 ANTS	9 MOVIE
10 RAINBOW	11 FISH	12 BASEBALL	13 FRUIT	14 BLOSSOM	15 SUNSHINE	16 RAIN
17 TREETOP	18 BEE	19 DANCE	20 SEEDS	21 BOOKS	22 GARDEN	23 SCHOOL
24 TEACHERS	25 VACATION	26 BEACH	27 DRAGONFLY	28 BIRDS	29 VEGETABLE	30 SUMMER
31 PLAYING	1	2	3	4	5	6

- A. 10 JUMPING JACKS
- B. 10 SIT-UPS
- C. 8 PUSH UPS
- D. 15 MOUNTAIN CLIMBERS
- E. 10 TRUNK TWIST
- F. 15 SEC. WALL SIT
- G. 10 SQUATS
- H. 10 KNEE TO ELBOWS
- I. 10 STAR JUMPS
- J. 10 BURPEES
- K. 10 ARM CIRCLES
- L. 10 LUNGES
- M. 15 SEC. PLANK

- N. 25 SIT-UPS
- O. 30 SEC. JOG IN PLACE
- P. 10 SQUAT JUMPS
- Q. 15 JUMPING JACKS
- R. 15 HIGH KNEES
- S. 10 SHOULDER TAPS
- T. 30 SEC. WALL SIT
- U. 15 TRUNK TWIST
- V. 15 BUTT KICKS
- W. 20 CALF RAISES
- X. 30 SEC. DOWNWARD DOG
- Y. 10 MOUNTAIN CLIMBERS
- Z. 5 STAR JUMPS