

# Winter Warm Up!

## WINTER MATH!

Can you figure out what number the lanterns, snowmen and trees represent to solve the final equation?

$$\begin{array}{rclcl} \text{Lantern} + \text{Lantern} + \text{Lantern} & = & 45 \\ \text{Snowman} + \text{Snowman} + \text{Lantern} & = & 23 \\ \text{Tree} + \text{Tree} + \text{Snowman} & = & 10 \\ \text{Lantern} + \text{Tree} \times \text{Snowman} - \text{Lantern} & = & ? \end{array}$$



# Winter Warm Up!

## Stand Tall Saturday!

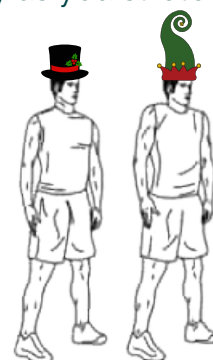
Complete each stretch or exercise for 20 seconds as shown in the image. Repeat the sequence two to three times for a total of 5–10 minutes. Focus on slow, controlled movements and breathing deeply as you stretch.



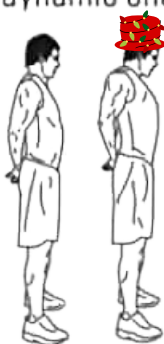
dynamic chest



shoulder stretch #1



shoulder stretch #2



shoulder stretch #3



toe touches



forward bends



mid back turns



side bends



wall stand

Answer to Winter Math:

The lampposts are the number 15, the snowmen are the number 4 and the trees are the number 3. Then in the last equation, a light post with only one light would represent the number 5. If you go by the order of operations, 3 multiplied by 4 is 12. Then, if you add 15 and subtract 5, you'll get 22.