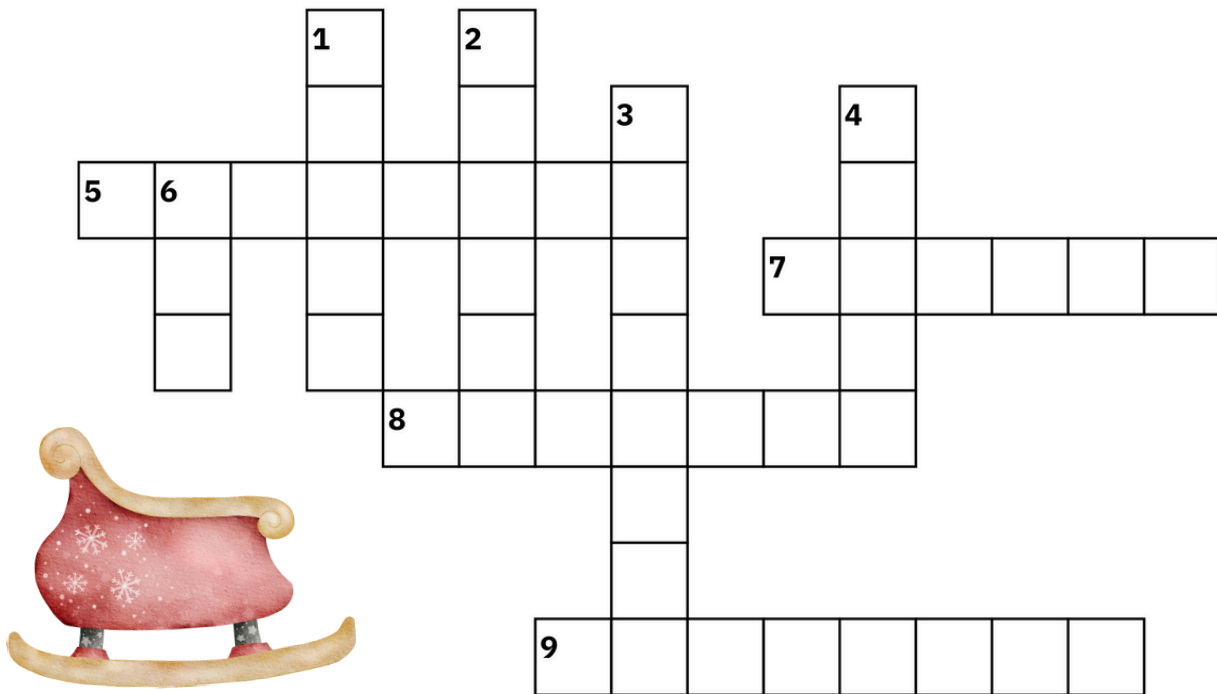




Winter Warm Up Crossword



Read the clues and fill in the crossword grid.



Across

- 5.** a special animal with antlers that help Santa pull his sleigh at Christmas
- 7.** a special sled that Santa rides on while delivering presents
- 8.** a tall, narrow space in the house where Santa is said to come down to deliver presents
- 9.** a big sock that children hang by the fireplace for Santa to fill with gifts

Down

- 1.** a kind man who wears a red suit, has a white beard, and brings presents to children at Christmas
- 2.** a circle made of leaves or flowers, often hung on doors during Christmas
- 3.** a small, pretty decoration used to decorate the Christmas tree
- 4.** a plant with shiny green leaves and red berries, used for decorations at Christmas
- 6.** a magical tiny person who helps Santa make toys at the North Pole

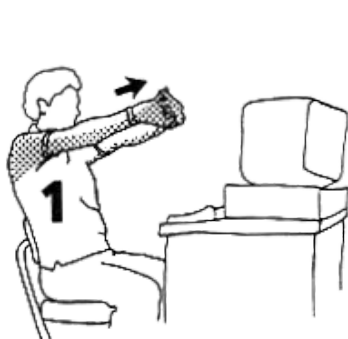


Winter Warm Up

Stretch Break



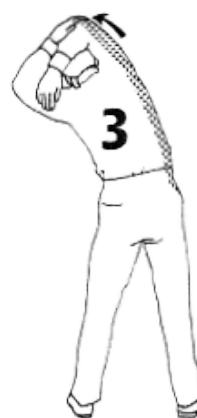
Kick off your week feeling refreshed and ready! Take a moment for these stretches 4 times throughout your day to wake up your muscles and recharge your mind—no need to leave your desk!



10–20 seconds
2 times



10–15 seconds



8–10 seconds
each side



15–20 seconds



3–5 seconds
3 times



10–12 seconds
each arm



10 seconds



10 seconds



8–10 seconds
each side



8–10 seconds
each side



10–15 seconds
2 times



Shake out hands
8–10 seconds