



FEBRUARY 2023

FITNESS CHALLENGE:

The fitness challenge for the month of February is called “Bottle Flip Fitness”. In order to complete this challenge, you must successfully flip a water bottle and land it upright five times. The catch is that in order to earn one bottle flip attempt, you must complete five exercises. After every flip attempt make or miss, you must complete another five exercises until the five successful flips are completed. This challenge can be done alone, or challenge a friend or family member. Exercises can be the same or different each time as long as they are done correctly. Please share a brief video or picture of you completing this challenge and upload it to the Dimmick Fit Dojo page.

HEALTHY EATING CHALLENGE:

The new challenge for the month of February is Kiwi. Students are to sample eating kiwis by just eating the fruit, or in a smoothie.

Kiwis are highly nutritious, promote a healthy blood pressure and provide a boost of vitamin C.

When the student has completed the challenge, a picture or a video must be added to the class Dojo story. Students in the K-4th grade will post on the K-4 Dojo page and the students in the 5-8th grade will post on the 5-8 Dojo grade. Upon completion of the challenge, students will receive 5 Dimmick Fit points in class Dojo.

SEL CHALLENGE:

In February, we celebrate Valentine’s Day, which is the holiday of love. Love comes in many different forms, but one that is so important is the love of our family. This month, we want to celebrate the love of YOUR family with our February Dimmick Fit Challenge.

One way that families can connect is through scheduling family meal times. Many times this is dinner, but it might be a different meal for your family. The important thing is that it is a dedicated time for the family to talk, eat, learn about each other, and enjoy each other’s company. For our February SEL challenge, we want you to eat a family meal! You can show us you did this by writing about or telling us on video about your family meal: who was there, what you ate, what you talked about, and whatever else you’d like to share!

Make sure to submit it on class dojo (or give a hard copy to your teacher or Mrs. Alderman, if you prefer) to earn your 5 dojo points!