STEPPING STONE SCHOOL

CLASS :- U.KG **SUBJECT :- P.T** **ACTIVITY :- 44**

DATE :- 03/11/2020 **Time limit :- 30 min.**

Exercise not only changes your body, it changes your mind, your attitude and your mood.

Please click on the link for video :-
https://youtu.be/cWWgZ9Baxz8

Note for parents :-

Help your child follow the instruction given in the video.