



**CLASS: NURSERY
WORKSHEET: 58**

**DATE: 26/8/20
TIME: 30MINS**

SUBJECT: ACTIVITY (P.T.)



EXERCISE NOT ONLY CHANGES YOUR BODY, IT CHANGES YOUR MIND, YOUR ATTITUDE AND YOUR MOOD.

NOTE FOR PARENTS:

PLEASE HELP YOUR CHILD FOLLOW THE INSTRUCTIONS GIVEN IN THE VIDEO.

CLICK ON THE LINK FOR VIDEO:- <https://youtu.be/swEaBtARbOk>