

# Munchkins in Motion

Greater Buffalo Gymnastics & Fitness Center, LLC  
December 2018 Newsletter

## December Themes

Weeks 14 & 15: **Candyland**

Take Home: Make Your Own Rock Candy

Weeks 16: **Winter Wonderland**

Take Home: 3D Paper Snowflake

Find a pair of  
matching snowflakes!



## Instructor Bio: MISS KENNEDY

Miss Kennedy started with us early this year, and prior to that she was a gymnast for 15 years. Her favorite food is ice cream- all kinds any kind! Her favorite movie is Dead Poets Society. Miss Kennedy's favorite event is bars. Her favorite thing to do outside of gymnastics is to travel- her favorite travel destination is El Salvador!



← November's "Welcome to the Zoo" Week  
↓ Just monkeying around!



## Last Month Recap

Last month we learned how to do seat drops and doggy drops on the trampoline, jump dismounts off beam and got stronger on bars. We learned how to swing like a monkey on bars, gallop like a horse on beam, hang like a sloth on parallel bars, and jump like a frog on floor!

We worked on mastering our forward rolls by ourselves, hurdling on vault, and our casts on bars!

## Upcoming Events

CLOSED for Winter Break: Mon 12/24 – Tues 1/1

# Munchkins in Motion Activity Calendar

December 2018



## Greater Buffalo Gymnastics & Fitness Center, LLC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Send someone a letter in the mail! 
2 Crab walk across your living room	3 What is your favorite candy? 	4 What shape is a gumdrop?	5 Give someone else a piece of candy	6 C is for Candy, what other words start with C?	7 Draw a picture of your favorite kind of candy	8 Do a forward roll
9 Is there snow? Ask if you can help shovel your driveway	10 Clean your room!	11 Do a jump ½ turn	12 What letter is a candy cane if it's upside down? 	13 <b>Happy Hanukkah!</b>	14 Ask if you can go for a walk with a family member	15 Be a helper today!
16 Make Your Own Rock Candy using our instruction sheet!	17 Point and flex your toes 10 times!	18 Put away all the toys in your house in their proper spot	19 Pretend to be a penguin	20 Do a scale 	21 Are there clouds in the sky today?	22 Draw a picture of a snowman 
23 No Gym this week  30 What is your goal for 2019?	24 Merry Christmas Eve! 31 Happy New Years Eve!	25 <b>Merry Christmas!</b> 	26 <b>Happy Kwanzaa!</b>	27 Make a snow angel (if there is snow outside!)	28 Do a Teeter Totter	29 Do a good deed today!