

WELCOME TO OUR FIRST VIRTUAL FIELD WEEK!

MAY 18TH - MAY 22ND

Field Day is one of KGA's Spring events each year. Though we were not able to participate in Field Day on campus, your Culture Connectors have organized a special Field Week that you can do with your family at home! While participating this week, use the hashtag [#KGAFieldWeek](#) to share what your family is doing and to connect with others!

Movement Monday

Get moving with your family! You can go on a walk, run, or play a game, like the floor is lava. Use your imagination to move around the inside or outside of your house!

Racing Through Tuesday

If you enjoy racing games, this is your day to play one! Have a bike race, egg and spoon race, or create a scavenger hunt or obstacle course. Get creative with your family!

Water Workout Wednesday

There's no better way to beat the Arizona heat than with water! Play with a sprinkler, water balloons, or swim in a pool.

Dance Party Thursday

Get together with your family or virtually with friends and have a dance party! You can play the limbo, use hula hoops, or just turn on some music and move!

Stretch Into the Weekend

Let's relax by stretching into the weekend! Do some yoga, meditate, or just stretch your muscles. After moving so much this week, you'll need it!