

# BEE Well Student Challenge

## Congratulations to our **December** Winners!



Garden Hills ES



Brandon ES



E. Rivers ES



Sylvan Hills

Schools completed these activities with their students to qualify  
for the prize drawings of an Amazon gift card!

1. **Mindfulness:** Have the class sit quietly for 2-3 minutes while focusing on their breathing at the end PE class (or recess), on three (3) occasions during December.
2. **Physical Fitness and Stretching:**  
Do one (1) set of “Sky Reaches” on three (3) different occasions during December.  
To perform one (1) set, do these three times (3) in a row:
  1. Stand up.
  2. Swing arms to the sky.
  3. Rise up on your tippy toes.
  4. Reach for the sky while keeping your body tight.
  5. Hold for 15 seconds.
  6. Lower your heels and arms.