



## WINTER ACROSTIC POEMS

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**S**quats x 10

**N**eck rolls x 10

**O**verhead reaches x 10

**W**alk in place x 30 sec.

**D**ance around x 30 sec.

**A**rm circles x 20

**Y**oga pose x 10 sec



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Handwriting practice lines for the word 'WINTER'. Each letter is followed by a set of three horizontal lines: a solid top line, a dashed middle line, and a solid bottom line.







Handwriting practice lines consisting of multiple sets of three horizontal lines (top solid, middle dashed, bottom solid) for text entry.

