

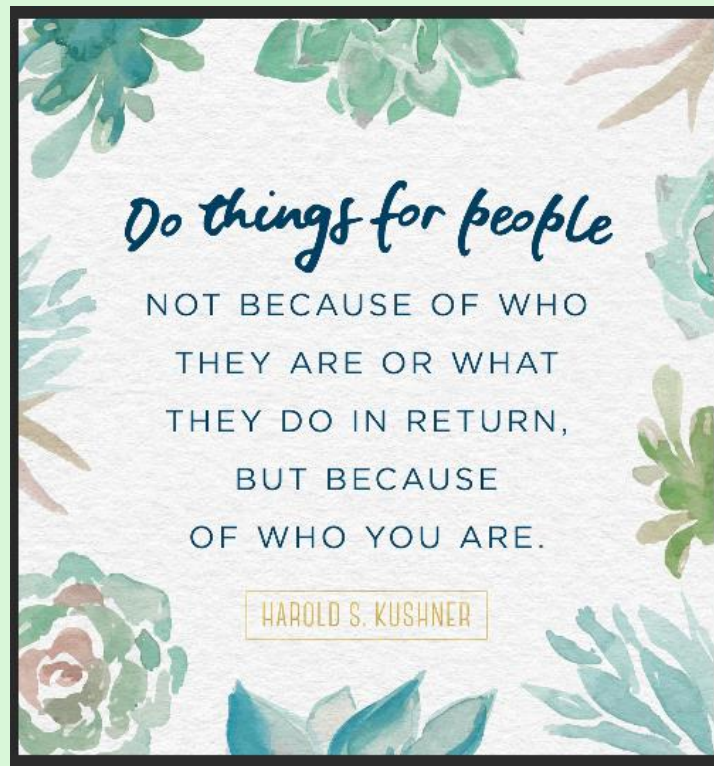
Wednesday April 1, 2020

Good morning, Creekers.

April's Creekers' Code is **Kindness**.

Kindness is the quality of being friendly, generous, and considerate.

Here is a quote about Kindness by Harold S. Kushner.



Wednesday- It's April Fools' Day- Some believe that April Fools' day is celebrated in honor of the trickery Mother Nature plays on us this time of year with her unpredictable weather.

# OCEAN YOGA



**I am a jellyfish.**  
STANDING FORWARD BEND



**I am a shark.**  
LOCUST POSE



**I am a dolphin.**  
DOLPHIN POSE



**I am a crab.**  
TABLE TOP POSE



**I am a turtle.**  
TORTOISE POSE