



Next Door's Virtual Walk for Children

Weekly Activities

May 18 – May 22

Register for the Walk for Children by following the link on our website <https://p2p.onecause.com/walkforchildren>. All families who register will be entered to win a new bicycle for their student. All families who register will receive a free t-shirt for their Next Door student(s).

Week of Walk Activities:

May 18

Use the ABC's of Activity (on the back of this page) to spell your name. Then try spelling your family members names too. Share a photo or video of yourself spelling your name on social media using #WalkWithNextDoor or send it to MSeigle@NextDoorMKE.org

May 19

Try cooking up Ms. Marie's delicious pizza recipe (included on back of page.) Everyone gets to pick their own toppings! Share a picture of your creation on social media using #WalkWithNextDoor or send it to MSeigle@NextDoorMKE.org

May 20

Use your jump rope and count how many times you can jump. Or grab your yoga mat or a towel and do some stretches. Share a photo or video of yourself with your jump rope or yoga mat on social media using #WalkWithNextDoor or send it to MSeigle@NextDoorMKE.org

May 21

Decorate our Walk for Children shoe. If you haven't already received a copy of the Next Door shoe you can download one at <https://www.nextdoormke.org/walkforchildren2020/> or draw your own shoe. Show us your amazing creation on social media using #WalkWithNextDoor or send it to MSeigle@NextDoorMKE.org

May 22

Join us for our Walk for Children Family Celebration! Follow the link on our website <https://www.NextDoorMKE.org/WalkForChildren2020/> Sing, dance, and play along with us, and then see a special message from your teachers.

Thank you to our Presenting Sponsor





Alphabet Exercises

- | | | |
|---------------------|----------------------|---------------------------|
| A Act like a cat | J Jump | S Side steps |
| B Bend at the knees | K Kick | T Turns |
| C Chair pose | L Leg lifts | U Under |
| D Dance | M March | V Vacuum |
| E Elephant steps | N Noisy steps | W Wiggles |
| F Fly like a bird | O Open and shut arms | X X Jumps (jumping jacks) |
| G Gallop | P Pop up | Y Yoga (downward dog) |
| H Hugs | Q Quiet hops | Z Zig zag steps |
| I Itsy bitsy steps | R Runs | |

Ms. Marie's Delicious Pizza By Gemma Stafford

15-Minute Pizza Dough Recipe (No Yeast)

Prep Time: 15 mins • **Cook Time:** 15 mins • **Total Time:** 30 mins

Course: Dinner • **Cuisine:** Italian • **Servings:** 8

Don't spend hours making pizza dough! Instead, have all the pizza you could ever want, fast, with my 15-Minute Pizza Dough recipe (it's Yeast-Free)!

Ingredients

- 2 1/2 cups (12 1/2oz/355g) all-purpose flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 3/4 cup + 2 tablespoons (7oz/187g) water, roughly
- 1 tablespoon olive oil
- pizza sauce
- mozzarella cheese , grated
- fresh oregano, or fresh herbs of your choice, for garnish
- pepperoni (or your favorite toppings)

Instructions

Preheat your oven to 400°F (200°C).

In a mixing bowl, combine the flour, baking powder, and salt. Whisk until thoroughly combined and set aside.

Combine the water and oil in a separate jug or cup.

Slowly add the water mixture to the flour mixture, holding back a little in case you don't need it all.

Using a wooden spoon, or your hands, mix until the dough should be soft, but not sticky. Add a splash more water if your dough is too dry.

Lightly flour your work area and a rolling pin and then roll dough into a 12-inch circle using your hands (to make 2 smaller pizzas, divide the dough into 2 and roll into 2 8-inch pizzas).

Transfer the pizza base to a nonstick pizza base or large baking tray. Spoon the pizza sauce over the pizza base. Cover generously with a layer of cheese, pepperoni, and fresh oregano.

Bake the pizza for 15 to 17 minutes, or until golden brown. Slice and enjoy!

Recipe Notes

To store the raw pizza dough make sure it is tightly covered with cling wrap. Keep in the fridge for up to 24 hours. To store left over pizza, cover in an airtight container and store in the fridge for up to 3 days.