

SCREEN-FREE ACTIVITY 03

Move & Play Challenge

Complete the movement trail and see how energized you feel.

AGES
6-11

TIME
15-25 min

YOU NEED
Open space + water

HOW TO PLAY

Complete each movement safely. Rest whenever you need to. Ask an adult before doing this activity outdoors.

- 1 ☐ 10 jumping jacks
- 2 ☐ Balance on one foot for 15 seconds
- 3 ☐ Walk like a bear for 10 steps
- 4 ☐ Do 8 gentle squats
- 5 ☐ Dance to an imaginary song for 30 seconds
- 6 ☐ Touch your toes, then reach for the sky 5 times
- 7 ☐ Hop like a frog 8 times
- 8 ☐ March in place for 45 seconds
- 9 ☐ Create your own silly movement
- 10 ☐ Take 5 slow breaths to cool down

HOW DO YOU FEEL NOW?

Circle one: CALM | HAPPY | ENERGIZED | PROUD | TIRED