Summer Fun ACTIVITIES

Stay Active CHALLENGE

Summer is one of the best times to be active outdoors. Test yourself! Can you complete every item on this list?

1. **Do** ten jumping jacks in a row.

2. **Stand** on one foot, place your other foot on your calf or thigh and reach your arms above your head in a yoga "tree pose". Now stand on the other foot and try it on your other side.



3. **Do** a somersault.

4. **Touch** your toes. (If you can't reach all the way to your toes, see how far you can get!)



5. **Toss** a ball (or a bean bag, frisbee, unopened cup of cereal or anything else you can throw and catch) back and forth with a friend eight times without dropping it.

6. **Time yourself sprinting** between two points. Then, do it again and try to beat your first time!

7. **Jump rope** for two minutes straight.

8. **Lay** on your back, put your hands on the ground by your head, point your fingers away from you and see if you can push up into a back bend.



9. **Dance party**: put on your favorite song and dance through the whole song. The only rule for this dance party? You can't stop moving until the song is over.

10. **Lay** on your back, close your eyes and count your breaths. Try not to move or open your eyes until you've counted ten breaths. Sometimes lying perfectly still is just as hard as running around!