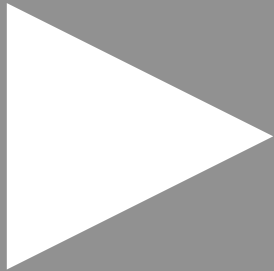


DAY 1



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TIME TO

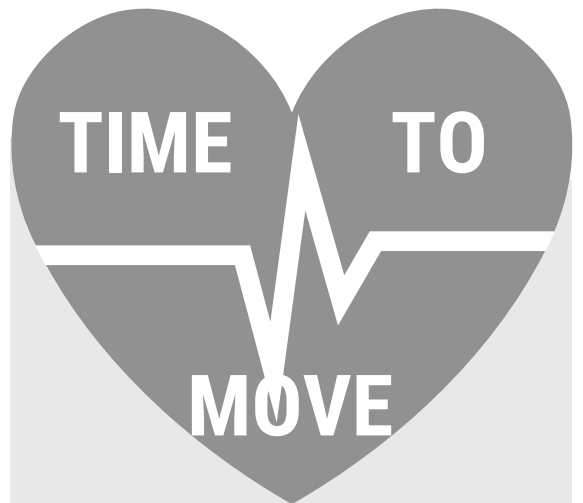


PLAY

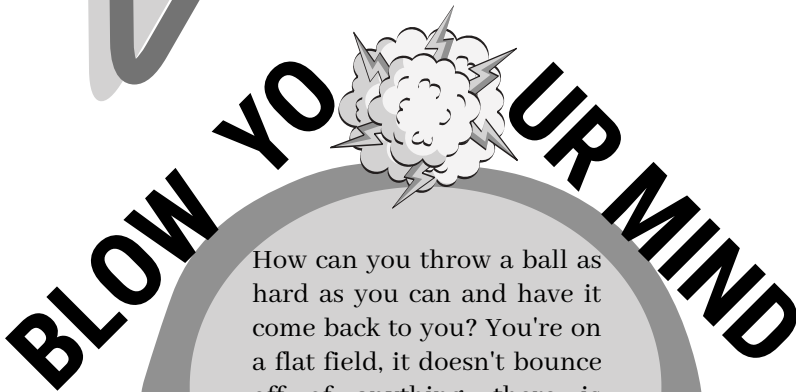
Balance a piece of paper on your head (do NOT crumple it up; leave it flat). See how long it takes you to get from one side of your home to the other. Is your time faster than anyone else's in your family?

TALK ABOUT IT

Ask someone, "What is the hardest thing you've ever done?"



See how many jumping jacks you can do in 1 minute. And no cheating! Make sure your hands touch over your head each time up and to your sides each time down. Can you beat your own record?



How can you throw a ball as hard as you can and have it come back to you? You're on a flat field, it doesn't bounce off of anything, there is nothing attached to the ball, and no one else catches it or throws it back to you.