
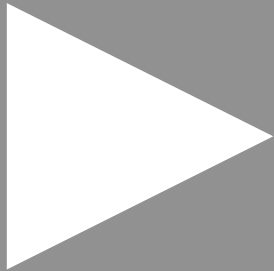


DAY 2



 @Dream_Chasers_org

TIME TO

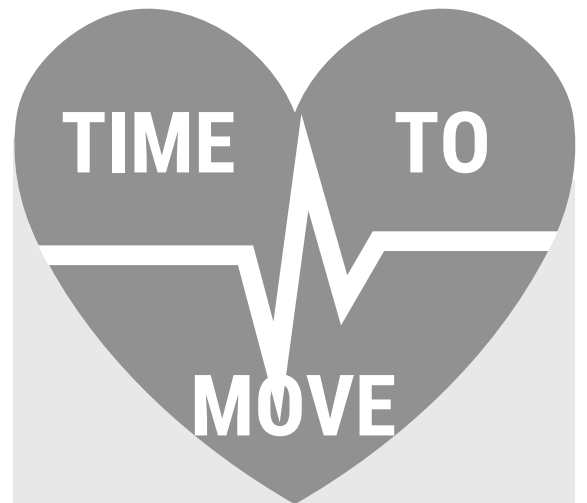


PLAY

Get a cup (NOT one that will break). Using one hand, see how many times you can flip it and catch it flat in your palm. No cheating - you can't close your hand at all to catch it.

TALK ABOUT IT

Challenge someone to list as many good things that have happened to them today as they can in one minute.



Find a step or a box. Start with both feet behind it. Touch the top of the step or box with one foot, and then switch feet. Move your feet as fast as you can to see how many times you can touch the top of the box in 30 seconds. Make it harder by using a ball instead of a step or a box. It will move, so you have to be more controlled with your feet.



When is
99 more
than 100?