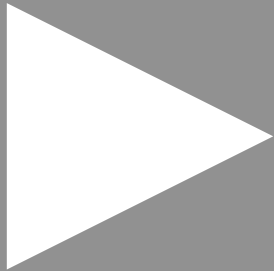


# DAY 4



@Dream\_Chasers\_org

## TIME TO

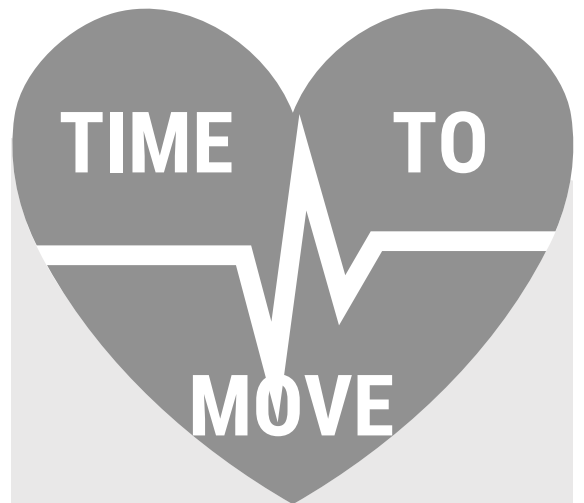


## PLAY

Stand face to face with a friend or a family member. Each of you balance on one foot and touch your raised feet together. Time to see how long you can go without either of you losing balance. Work as a team.

## TALK ABOUT IT

Ask someone, "What is the most memorable thing someone has ever done for you?"



Stand in a doorway with your arms at your side. Keeping your arms straight, spread out your arms so that you are pressing against the doorframe with the back of your hands. Push as hard as you can. Pretend that you're trying to move the door frame with the backs of your hands. When you can't do it any longer (try for at least 30 seconds), step out and relax your arms as much as possible. Watch as your arms begin to float!

## BLOW YOUR MIND

A man was 50 years old in the year 2000 and 40 years old in the year 2010. How is that possible?