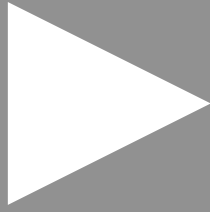


DAY 6



@Dream_Chasers_org

TIME TO



PLAY

Ball up a sock or a pair of socks. Keeping both elbows tight to your sides, see how many times you can toss the socks up with one hand and catch them with the other hand. Toss them up at least to eye-level. Your elbows always have to be touching your sides or it doesn't count. How high can you toss them?

TALK ABOUT IT

Ask someone, "What do you think is something really big that I can accomplish?"



How long can you balance on 1 foot? Time yourself on each foot, then beat your best time. If you can, challenge someone to see who can keep their balance the longest!

*Make it harder by closing your eyes.

