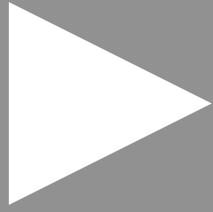


DAY 8



@Dream_Chasers_org

TIME TO

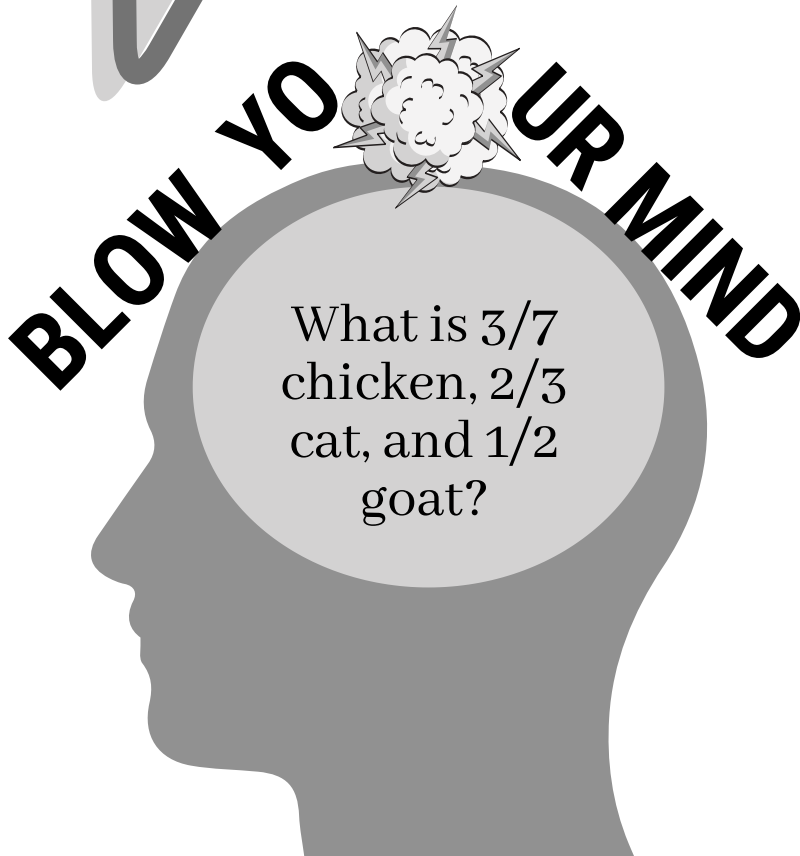


PLAY

Can you juggle 3 crumpled up pieces of paper? Challenge family and friends to see who can do it the most times! Start with 2 if you need to.

TALK ABOUT IT

Ask someone, "What is something that makes you happy?"



TIME

TO

MOVE

How long can you run in place as fast as you can without slowing down?

Try it again, but this time pretend there is a hurdle you have to jump over every 4 seconds. You better jump high to get over it!