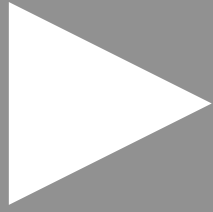


DAY 16



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TIME TO

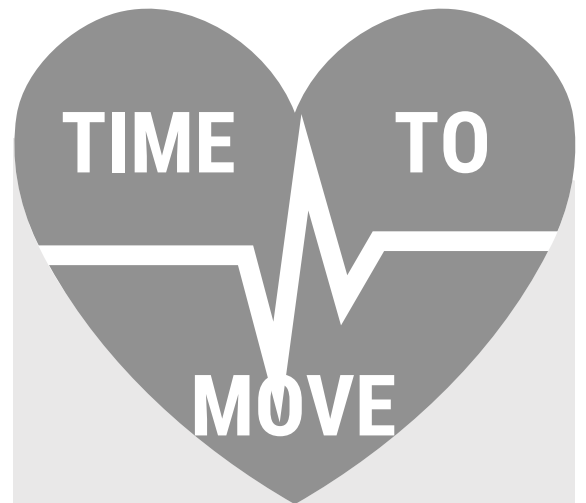
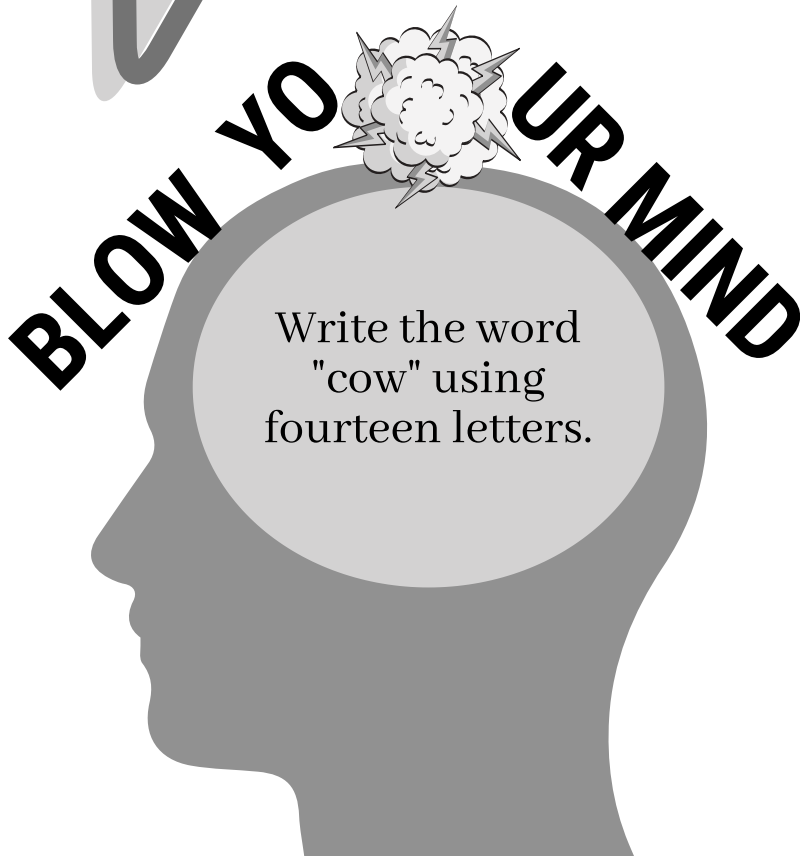


PLAY

Learn a dance move or even a whole dance. It might be the Floss, or learn a classic like the Electric Slide. Look up the video online to learn at least one move. If you need help getting started, just look up "classic dance moves."

TALK ABOUT IT

Ask someone, "Other than people, what's the most important thing that's helped you overcome challenges?"



Get in plank position. Then, put one hand behind your back. Now switch hands so that your other hand is behind your back.

How many times can you switch hands in 30 seconds? One minute? As many times as you can?