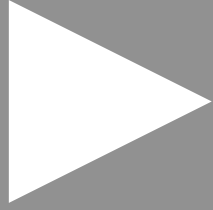


DAY 18



@Dream_Chasers_org

TIME TO

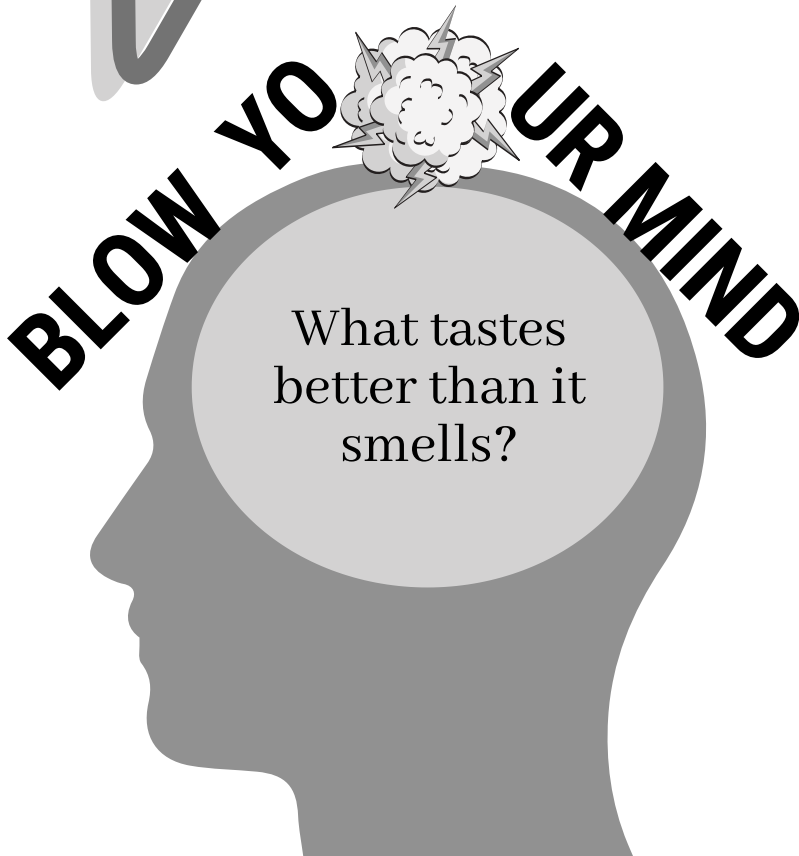


PLAY

Make a paper airplane and find a basket or some kind of container with an open top. From only a few feet away see how many times in a row you can throw it into the basket. After that, see how far away you can get and make a basket. Can you do it from the other side of the room? Can you get a regular drinking cup and get the airplane in? If you need help making a paper airplane, look up a how-to video.

TALK ABOUT IT

Ask someone, "What do you normally do to overcome an obstacle you're facing?"



TIME

TO

MOVE

Stretch for at least 5 minutes. Trust me, you'll feel a whole lot better. Start with your head and make your way down to your toes. Do some head circles, then some arm stretches, some trunk twists, and finally some leg stretches.

*Don't do anything fast. Stretching is about taking your time.