

THURSDAY'S CHALLENGE



Equipment: Dice, counters and a pair of socks.

Task: Get to the finish line to win!

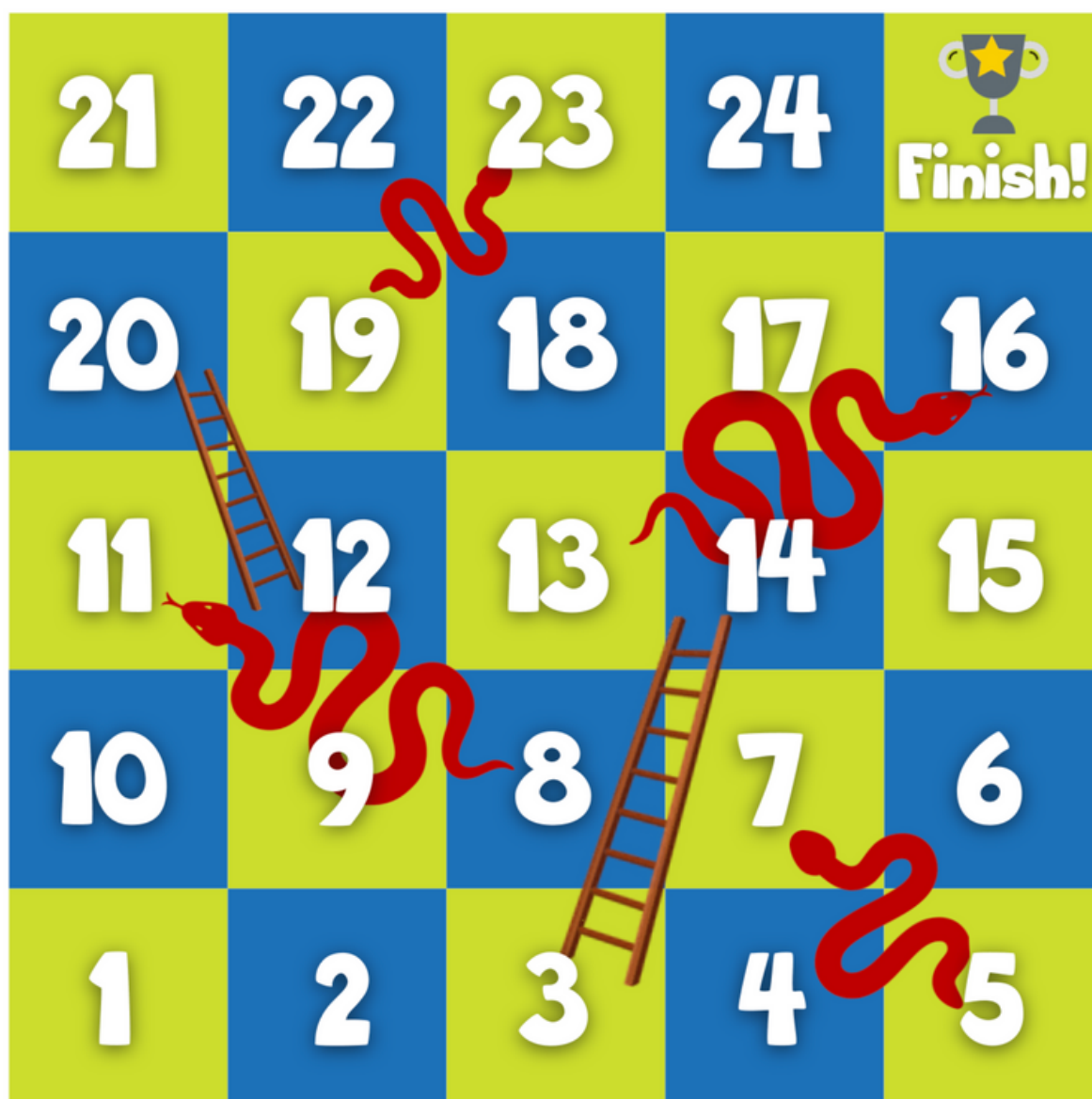
Rules: You can play alone or with friends, all players starts at number 1. Roll the dice and move along the board. If you land on a ladder you move up. If you land on a snake you slide down. The number you roll = how many star jumps you will do each turn. HOWEVER...If you land on a snake or a ladder, do your star jumps **AND** CHOOSE ONE OF THE FOLLOWING.



10 Extra star jumps.
Run on the spot for 10 seconds.
5 Press ups.
5 Lunges on each leg.



Hold a Yoga Pose for 10 seconds.
5 Throws and Catches.
Balance on 1 leg for 5 seconds.
10 Frog jumps.



#MentalHealthAwareness #LetsTalk

SHARE A PHOTO OF YOUR CHALLENGE WITH @MOVEMORECIC ON SOCIAL MEDIA & YOU MAY WIN A **FREE DAY AT OUR ACTIVITY CAMP!**  

MOVE

MORE
EVERY CHILD ACTIVE