

MISSION POSSIBLE AT-HOME

Your "Mission" is to complete each activity. The activities do not have to be completed in order. Remember to have fun and smile. 😊

- Skip to touch one door and two opposite walls.
- Explode like a rocket ship 5 times.
- Bunny jump to the opposite side and back.
- Toss, clap, catch a soft object 10 times.
- Pedal a unicycle from a seated position 20 times.
- Surfboard jump & turn 10 times.
- Hold a balance on 3 body parts for 5 deep breaths
- Swing a pretend baseball bat 5 times on each side.
- Balance on each foot for 5 breaths while popping bubbles.
- Throw a pizza up high and catch it low 10 times.

