



MISSION POSSIBLE



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

- Skip to touch one door, two walls, and three posters.
- Complete 10 wall or floor push-ups.
- Bunny jump to the opposite side and back.
- Gallop one full lap of the activity space.
- Toss, clap, catch an object 10 times.
- Hop on each foot 10 times, while the group is connected.
- Balloon Bop - keep the balloon up as a group 20 times in a row.
- Hold a group balance for at least 5 breaths.
- Kick an object across the circle - everyone must receive the object twice.
- Squat in file formation while each person performs a leapfrog over the other groups members.