

MISSION POSSIBLE ON THE SPOT CHALLENGE

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

- Skip 10 times around your spot, then switch directions.
- Explode like a rocket ship 5 times on your spot.
- Toss, clap, catch an object 10 times on your spot.
- Pedal a pretend unicycle while seated 20 times.
- Surfboard jump & turn 10 times on your spot.
- Hop on each foot 10 times on your spot.
- Hold a balance on 3 body parts for 5 deep breaths.
- Swing a pretend baseball bat 5 times on each side.
- Open-hand strike an object up and catch it 10 times with each hand.
- Throw a pretend pizza up high and catch it low 10 times.

