

**festival**  
foods  
**KIDS**  
CHALLENGE

# MAY 2021



						<p>1 <input type="checkbox"/></p> <p>Do 10 jumping jacks and 10 star jacks (x3)</p>
<p>2 <input type="checkbox"/></p> <p>Play balloon ball for 15 minutes</p>	<p>3 <input type="checkbox"/></p> <p>Have a dance party!</p>	<p>4 <input type="checkbox"/></p> <p>Go for a walk with an adult</p>	<p>5 <input type="checkbox"/></p> <p>Jump rope for 15 minutes</p>	<p>6 <input type="checkbox"/></p> <p>Play freeze tag</p>	<p>7 <input type="checkbox"/></p> <p>Play hopscotch</p>	<p>8 <input type="checkbox"/></p> <p>Help an adult with yard work</p>
<p>9 <input type="checkbox"/></p> <p>Spend time outside</p>	<p>10 <input type="checkbox"/></p> <p>Crab or bear walk for 15 minutes</p>	<p>11 <input type="checkbox"/></p> <p>Ride a bike, scooter or skateboard for 15 minutes</p>	<p>12 <input type="checkbox"/></p> <p>See how many cartwheels you can do in a row</p>	<p>13 <input type="checkbox"/></p> <p>Play catch with a family member</p>	<p>14 <input type="checkbox"/></p> <p>Play Simon Says</p>	<p>15 <input type="checkbox"/></p> <p>Play Follow the Leader</p>
<p>16 <input type="checkbox"/></p> <p>Run around the block with an adult</p>	<p>17 <input type="checkbox"/></p> <p>Make a chalk Twister board outside and play!</p>	<p>18 <input type="checkbox"/></p> <p>Visit the playground with an adult</p>	<p>19 <input type="checkbox"/></p> <p>Ride a bike, scooter or skateboard for 15 minutes</p>	<p>20 <input type="checkbox"/></p> <p>Draw a line with chalk and balance walk</p>	<p>21 <input type="checkbox"/></p> <p>Create an agility course – get creative!</p>	<p>22 <input type="checkbox"/></p> <p>Have a pillow fight</p>
<p>23 <input type="checkbox"/></p> <p>Help an adult plant in a garden</p>	<p>24 <input type="checkbox"/></p> <p>Hoola hoop for 15 minutes</p>	<p>25 <input type="checkbox"/></p> <p>Have an outdoor scavenger hunt</p>	<p>26 <input type="checkbox"/></p> <p>Do walking lunges up and down the driveway (x2)</p>	<p>27 <input type="checkbox"/></p> <p>Hop on one leg 10 times, then switch legs and repeat!</p>	<p>28 <input type="checkbox"/></p> <p>Skip or gallop around the outside of your house (x3)</p>	<p>29 <input type="checkbox"/></p> <p>Go on a nature walk with an adult</p>
<p>30 <input type="checkbox"/></p> <p>Touch your toes then jump as high as you can (x15)</p>	<p>31 <input type="checkbox"/></p> <p>Create a chalk race course on your driveway, then walk or run it</p>					