

## My home activity challenge

See if you can do all the activities by the end of the day!

- 100 jumping jacks
- Wash 3 dishes, cups, or bowls
- Make 5 different fart noises with your mouth
- Stand completely still for 30 seconds
- Wash your hands while singing the A B C's
- Take 5 slow deep breaths
- Put away 3 things in your room
- Draw a picture of yourself
- Play a game for 30 minutes (board game, video game, any kind of game)
- Throw away 5 pieces of trash
- Stand completely still for 1 minute
- Draw a silly picture of someone you live with
- Stretch your arms
- Say 2 nice things to everyone in your home
- Hop on 1 foot for 30 seconds, then switch and hop on the other foot
- Stand completely still for 2 minutes
- Wash your hands while making up your own rap song
- Take 10 slow deep breaths
- Dress up in a silly outfit
- 25 pushups
- Making a drawing of your home

