



ACTIVITY CARDS



FLEXIBILITY

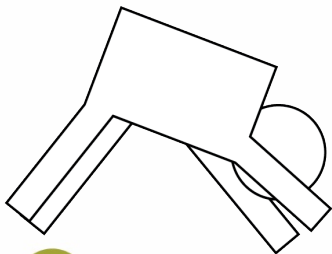
Triangle Pose

(also known as Downward Dog)

FLEXIBILITY

INSTRUCTIONS

1. Get on all fours with knees and hands touching the ground.
2. Make sure knees are hip distance apart and hands are under shoulders with palms spread flat.
3. Raise knees off the ground while shifting stomach to thighs.
4. Try to get arms and legs straight while keeping toes facing hands.





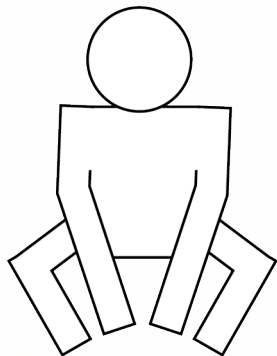
FLEXIBILITY

Frog Pose

FLEXIBILITY

INSTRUCTIONS

1. Stand with feet at shoulder-width apart.
2. Bend knees and place hands on the floor between feet.
3. Keep hands on the ground and try working your way to holding the squat position with no hands.
4. Don't forget to RIBBIT!





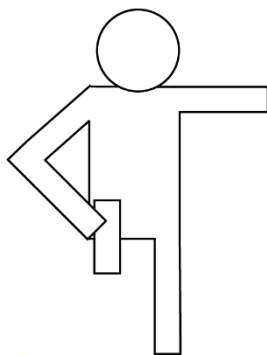
FLEXIBILITY

Knee Hugs

FLEXIBILITY

INSTRUCTIONS

1. Stand with your legs shoulder-width apart.
2. Standing on right leg, lift your left knee to your chest and hug it.
3. Hold for 3 seconds.
4. Switch to standing on left leg, then lift your right knee to your chest and hug it.





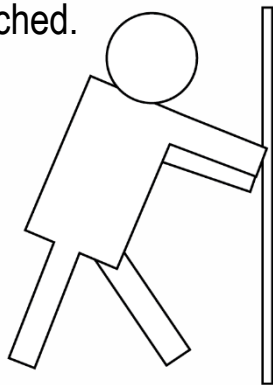
FLEXIBILITY

Calf Stretch

FLEXIBILITY

INSTRUCTIONS

1. Stand 3 feet away from a wall.
2. Place your hands on the wall for support.
3. Move your right foot forward while your left foot stretches backward. Keep your hands on the wall.
4. Stretch your leg so that the calf muscle is adequately stretched.
5. Hold the position for a few seconds and repeat with your other leg.



The background is white with various abstract blue elements. At the top left, there are diagonal blue lines and a row of four dots. At the top right, there are more diagonal lines and a row of four dots. In the center, there is a large, dark blue, irregular shape. To the right of this shape, there is a vertical column of dots. At the bottom left, there are diagonal blue lines and a row of four dots. At the bottom right, there are diagonal blue lines and a row of four dots. The word "MINDFULNESS" is written in bold, black, uppercase letters at the top left and bottom right.

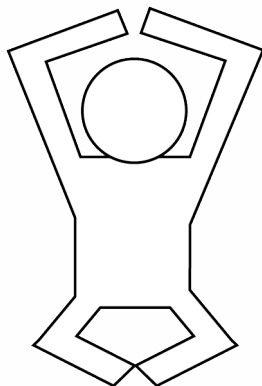
MINDFULNESS

Angel Arms

MINDFULNESS

INSTRUCTIONS

1. Sit on the floor in a comfortable position.
2. Move both hands to outer thighs.
3. Bring arms up above head with back of hands touching while counting to ten (inhale).
4. Bring arms back to outer thighs while counting to ten (exhale).
5. Repeat as many times as needed.



The background is white with various blue abstract shapes and patterns. There are large, irregular organic shapes in different shades of blue. Smaller elements include circles with dots inside, solid circles, and areas with diagonal or horizontal line patterns.

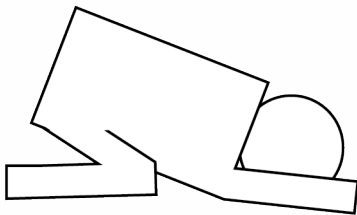
MINDFULNESS

Be a Seed

MINDFULNESS

INSTRUCTIONS

1. Curl upon into a ball with your knees and head touching the floor and hands touching ground in front of your head.
2. Close your eyes and notice how you and your body are feeling.
3. Begin to wiggle your fingers on the ground to make raindrop sounds. Notice your breathing.
4. Work your way to standing and grow like a flower. Stretch your arms out like flower petals.





CARDIO

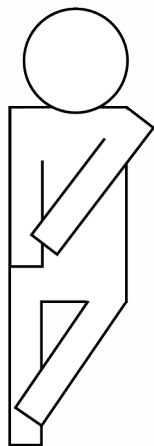
Cross Jacks

CARDIO

INSTRUCTIONS

1. Stand with feet shoulder-width apart and extend arms out to either side with palms facing down.
2. Jump and cross right arm over left and right foot over left.
3. Jump back to starting position.
4. Jump and cross left arm over right and left foot over right .

Bonus play: Try to pair with an upbeat song like “Try Everything” by Shakira!





CARDIO

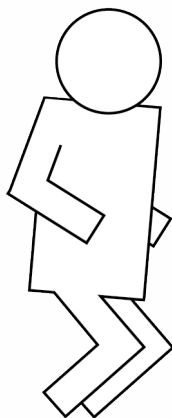
Fast Feet

CARDIO

INSTRUCTIONS

1. Get into a squat position with your feet shoulder width apart.
2. Push through the balls of your feet and run quickly in place.
3. Repeat for 30 seconds, with 30 seconds rest, 5 times.

Bonus: Pretend to be your favorite football player!



The background is a vibrant collage of orange and brown tones. It features large, overlapping organic shapes, smaller circles, and clusters of dots. Some areas are filled with diagonal hatching patterns. The overall aesthetic is modern and energetic.

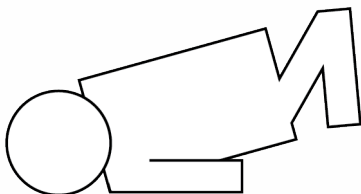
STRENGTH

Leg Raises

STRENGTH

INSTRUCTIONS

1. Lay flat on back with both hands flat and tucked under your bum. Heels, knees, and legs should be touching together.
2. Lift them all the way to ceiling until your bum raises just a few inches off the ground. Press palms into floor for support.
3. Slowly lower legs back down until they're just above the floor. Hold for a moment. Repeat 10 repetitions for 3 sets.



The background is a vibrant composition of abstract shapes in various shades of orange and brown. It includes large, flowing organic forms, smaller solid circles, and clusters of dots. Some areas feature diagonal hatching patterns. The overall aesthetic is modern and energetic.

STRENGTH

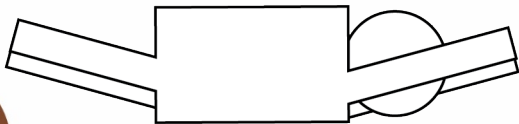
Superman Row

STRENGTH

INSTRUCTIONS

1. Lay on your stomach and extend arms in front of you and legs straight behind you. Keep your neck aligned with your spine.
2. Lift your arms and legs off the ground, keeping your eyes focused on ground.
3. Pull your arms back and squeeze shoulder blades together while legs remain hovering over the ground.
4. Repeat shoulder squeezes in 3 sets of 10.

Bonus: Pretend you have a pencil laying between your shoulder blades and that's what you're squeezing.





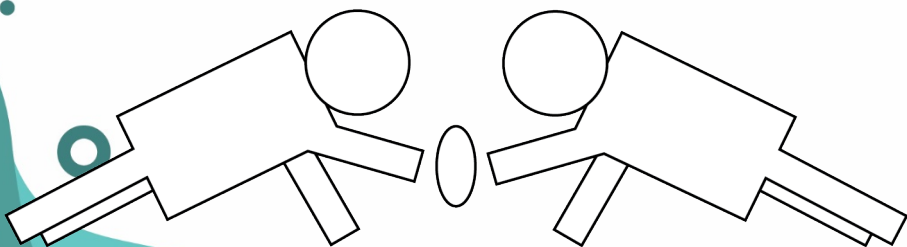
WITH A BUDDY

Finder's Keeper

WITH A BUDDY

INSTRUCTIONS

1. Both partners get into a plank position on forearms or on hands shoulder-width apart. Face each other.
2. Put a small object in between you and your buddy.
3. Count to 5 out loud and whoever can grab the item wins. Repeat 10 times.





WITH A BUDDY

Bear Crawl Race

WITH A BUDDY

INSTRUCTIONS

1. You and a partner get on all fours next to one another with your hands and feet both shoulder width apart.
2. Crawl by moving your right arm with your left leg, followed by your left arm with your right leg.
3. Crawl as fast as you can to a distance 10 yards away.
4. First person to reach the distance wins!

