



Activity Grid: Color the squares as you complete each activity. You must complete at least 8 activities to earn a dragon pen.

Go for a 15 minute walk with your family	Play hopscotch for 10 minutes	Jog around the block, backyard or any space available	Do chores for 10 minutes
Register on FundHub with adult help. (See attached flyer)	Jumping jacks during an entire commercial break while watching TV	Dance to your favorite song twice	Play at the park for 15 minutes
Play catch with a family member for 15 minutes OR pass with a soccer ball for 15 minutes	20 Jumping Jacks in front of a mirror or window	SKIP around the block, backyard or any space available	Rake Leaves for 15 minutes and jump into the pile 5 times!!
20 Push Ups (with a stuffed animal on your back)	Do yoga (or stretching) for 10 minutes	Climb stairs or do monkey bars 3 times	3 Minutes Total of High Knees (does not have to all be at the same time)
30 arm circles or arm circles during an entire commercial break	Lift weights for 3 minutes (cans, books, etc.)	Gallop around your favorite playground twice	Ride your bike or scooter for 15 minutes.

Turn in your completed grid to your teacher on Friday, October 14.

Name _____ Grade _____ Teacher _____