



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

Go for a 15 minute walk with your family	Play hopscotch for 10 minutes	1 Minute of Planks	Do chores for 10 minutes
Register on FundHub with adult help. (See attached flyer)	Balance on one foot during a commercial of your favorite show.	Dance to your favorite song	Play at the park for 15 minutes
Play catch with a family member for 15 minutes	20 Jumping Jacks in front of a mirror or window	Do 3 kind things for 3 different people.	Rake Leaves for 15 minutes
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)
Do chores for 10 minutes.	Lift weights for 3 minutes (cans, books, etc.)	Skip around your favorite playground twice	Ride your bike or scooter for 15 minutes.

Turn in your completed grid to your teacher on Wednesday, October 20.

Name \_\_\_\_\_ Grade \_\_\_\_\_ Teacher \_\_\_\_\_