



'S



# "Bouncy not Breaky" Challenge!

## **Body: Move, Move, Move!**

(20 min. each/only 1 activity per day)

- Play with a ball
- Dance to music
- Go for a walk/run/bicycle ride
- Play an active game (like "Tag" or "Duck, Duck, Goose!")
- Create and play a game that makes you "jump, squat, twirl and bark"



## **Others: Love, Love, Love**

- Write a letter or an email to someone you love
- Call someone and tell them you love them
- Say one thing you like about everyone in your house
- Say "I'm sorry" if you need to (and I'm sure you will!)
- Say "I forgive you" if you need to (if not, say "I love you" to someone in your house)



## **Thoughts: Thank, Thank, Thank!**

- Write down 10 things you're happy about (if you need help, have someone write for you)
- Draw a picture of something you like and talk about it at dinner
- Say "Thank you" 3 times when someone is kind to you
- Look out the window and find 5 things to be thankful for
- Memorize 1 Thessalonians 5:16-18

THANKS

## **Heart: Pray, Pray, Pray!**

- Tell God something that makes you sad and something that makes you glad
- Tell God something that makes you afraid and thank Him for being so strong
- Pray with someone for your family, our city, our church and the world
- Sing 3 of your favorite Jesus songs
- Tell God you're sorry if you disobeyed Mom or Dad or were unkind to anyone... and remember that He loves you always!

