

CCC Stuck at Home Challenge (compiled from multiple sources)

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| <p>1. Balloon Volleyball String some yarn between two chairs, then try to keep a balloon in the air as long as you can.</p> | <p>2. Text Tips Send a text to two of your friends and ask them for an exercise to try. Share one with them, too!</p> | <p>3. Silly Sweaty Move around safely however you wish until you start to get sweaty and your heart is beating fast.</p> | <p>4. Hula Hoops See how long you can keep it going. Record your times and break the house record!</p> | <p>5. Dance Dance Turn on your favorite song, or just the radio. Bust a move for the entire song.</p> | <p>6. Bicycles Lie on your back and move your legs like you're riding a bike to strengthen your stomach muscles</p> |
| <p>7. Juggling With three tissues, try to see how long you can juggle them without one hitting the floor.</p> | <p>8. Crazy 8's -8 jumping jacks -8 shoulder shrugs -8 seconds of running in place -8 cross crawls -8 star jumps</p> | <p>9. Broom Hockey Practice your slap shot in the hallway with a broom and tennis ball or play 1-on-1. Masking tape goals on floor.</p> | <p>10. Quarter Says Do 25 of each: -Jumps -Heel Raises -Arm Circles</p> | <p>11. Star Jumps Jump up with your arms and legs spread out like a star. Do 10, then rest and do 10 more!</p> | <p>12. Balloon Tennis Inflate a balloon and tie a long 10' string to the end. Attach string to a chair then play tennis over it with flyswatters for racquets.</p> |
| <p>13. Bear Walk With your bottom in the air, step forward with your right hand and left foot. Then move your left hand and right foot forward.</p> | <p>14. Boat Pose Hold boat pose for 15 seconds. Do it three times!</p>  | <p>15. I Spy Walk Go for a walk with a family member while you play 'I spy'.</p> | <p>16. Target Toss Find a pair of socks to make a ball. Throw into an empty box or basket. Back up a step each time you make it in! How far is your longest "make?"</p> | <p>17. PE Pretend Pretend to: - sit in a chair for 10 seconds -roll a bowling ball at 10 pins -ride a horse 10 steps forward -shoot 10 basketballs</p> | <p>18. Jumping Beans Be creative and see how many different ways you can jump rope.</p> |
| <p>19. TV TimeOut During the commercial break take a walk. See how many rooms you can walk through before the show starts again!</p> | <p>20. Crab Carry Walk like a crab, with palms & feet on the floor and stomach toward the ceiling. Race someone or balance an object on your belly and "walk" across the room.</p> | <p>21. Wacky Words Write down all the active words you can think of. Then, try to act them all out!</p> | <p>22. Mini-Motor Move Do a crossword puzzle. When you finish, jump as high as you can 10 times to celebrate</p> | <p>23. Balance Pose Balance on your right hand and left knee for 30 seconds, then switch sides and do it again</p>  | <p>24. Take a Walk Go for a walk. Look for something that starts with each letter of the alphabet while you walk.</p> |
| <p>25. Radio Run Play your favorite song on the radio and run in place until the song is over</p> | <p>26. Get Out! Take yourself outside and see how many different birds you can find in 15 minutes</p> | <p>27. Clap and Catch Throw a soft object in the air. See how many times you can clap before you catch it</p> | <p>28. Show Show Off Do as many jumping jacks as you can during the commercial of your favorite show.</p> | <p>29. Music Mover Play your favorite music for 10 minutes and try to walk briskly to the music the whole time.</p> | <p>30. Countdown -10 frog jumps -9 supermans -8 cross crawls -7 arm circles -6 jumping jacks -Repeat with 5-1</p> |

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Name: _____

Write the number of the activity you complete inside an award. Can you accomplish 3 or 4 each day?

| | |
|--|--|
| Day 1  | Day 2  |
| Day 3  | Day 4  |
| Day 5  | Day 6  |
| Day 7  | Day 8  |
| Day 9  | Day 10  |
| Day 11  | Day 12  |
| Day 13  | Day 14  |

More days can be entered on the back of this page.

Give a prize to the one finishing the most events at your home.