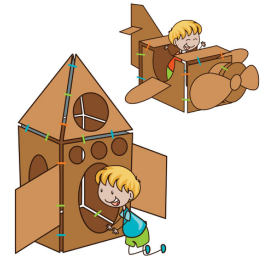




30 Random Acts of Fun



Make an outdoor obstacle course	Make an indoor Scavenger Hunt	Create a game using food cartons, boxes, and containers	Practice dribbling a ball with each hand for 5 minutes	Surprise your parents by vacuuming the rugs	Ride your bike for 20 minutes	Juggle an inflated freezer bag or soccer ball
Build a fort with couch cushions and pillows	Make up a dance and teach it to a parent or sibling	Write letters to friends or relatives	Dribble a soccer ball through obstacles	Toss a stuffed animal in the air and catch it 50 times	How many stacked pillows can you jump over?	Design and create your own jump rope
Make a game with a laundry basket and rolled up socks	Design a workout with at least 4 exercises	How high can you build a tower with playing cards?	Practice throwing and rolling a ball at several cans lined up	Make a sculpture with recyclables	Play your favorite music and DANCE!	Pick out a game for family game night
Practice your standing long jump and measure your distance	Jog and/or walk around your home for at least 10 minutes	Weed the flower beds and garden	Play catch with a sibling or parent for 10 minutes	Design an obstacle course in your house or backyard	Jump rope for at least 5 minutes	Hold a plank and count by 5's to 200, 2's to 100
Write a letter to a teacher	Make a bowling alley with home-made pins	<ol style="list-style-type: none"> Each day choose at least one activity to complete. After completing each activity, color in the square. If you want to repeat an activity already completed, great! Enjoy what you love. How many activities can you complete throughout the next 30 days? Take a picture of your completed challenge and share with your friends or teachers. 				