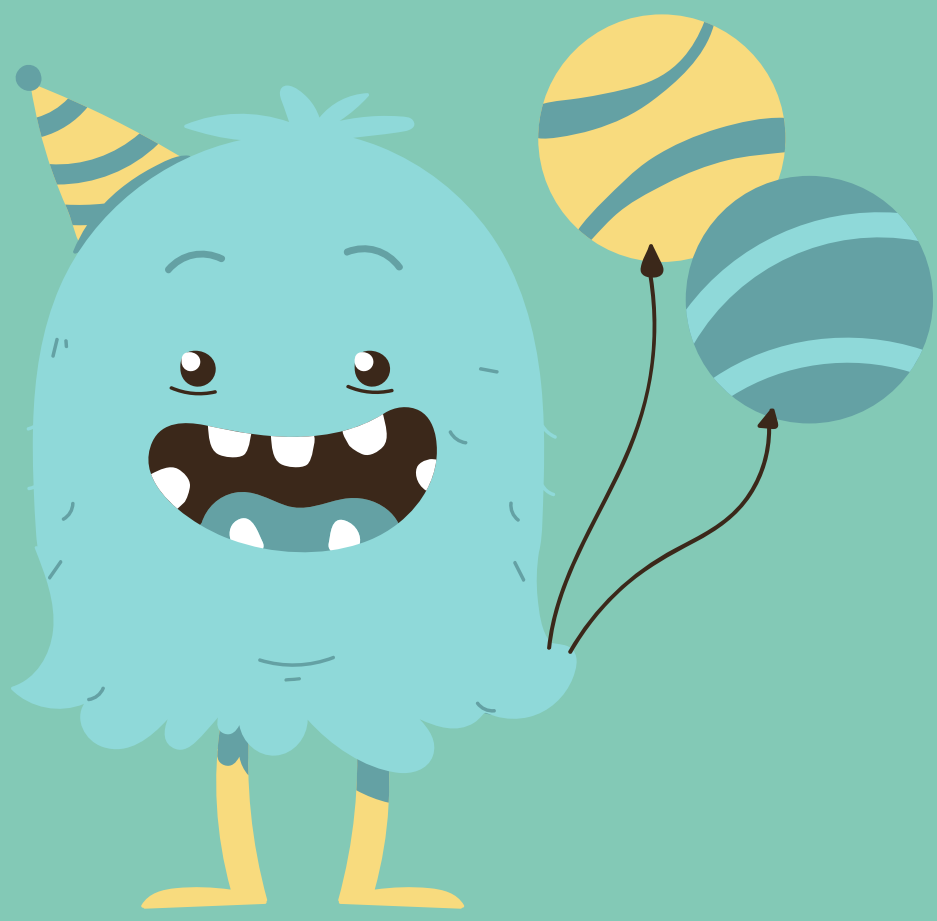


Active Animals Adventures!



Introducing a month-long Young Athletes Challenge, where each day of the week is structured around a different theme! This Challenge focuses on exercise, nutrition, hydration, and happiness -- with tips and tricks, activities, and recipes. Even better, all the activities can be done at home! Have your Young Athlete look for a different square of the game board they can check off each day of the month, until they reach the Finish Line! Once they finish, feel free to have them start over!

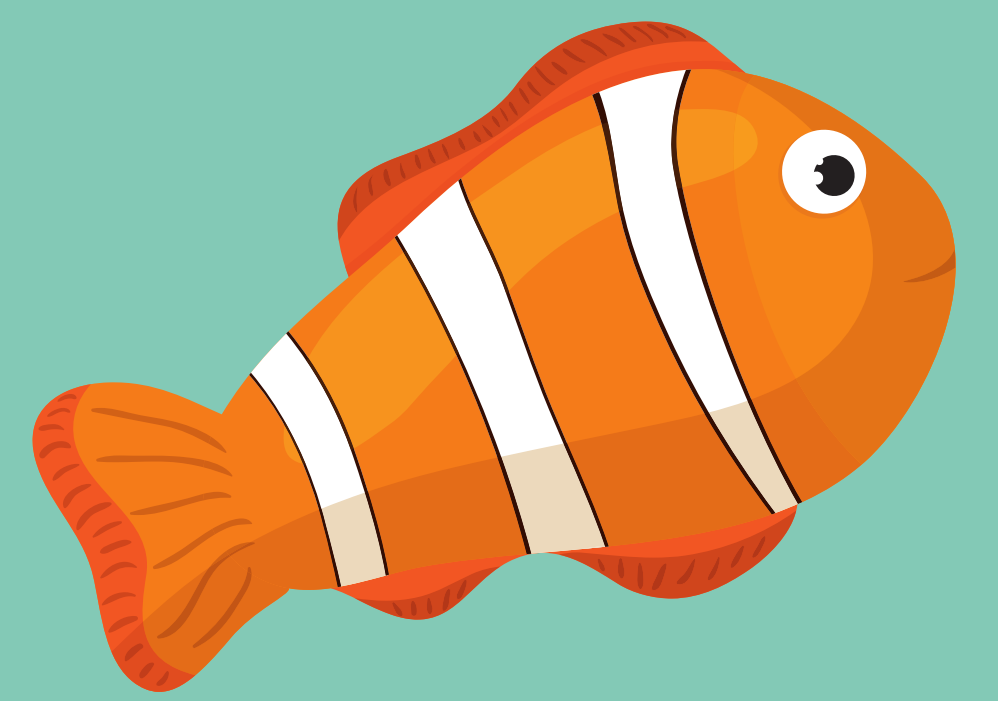
Magic Monday



Treetop Tuesday



Water Wednesday



Tropical Thursday



Flying Friday



Safari Saturday



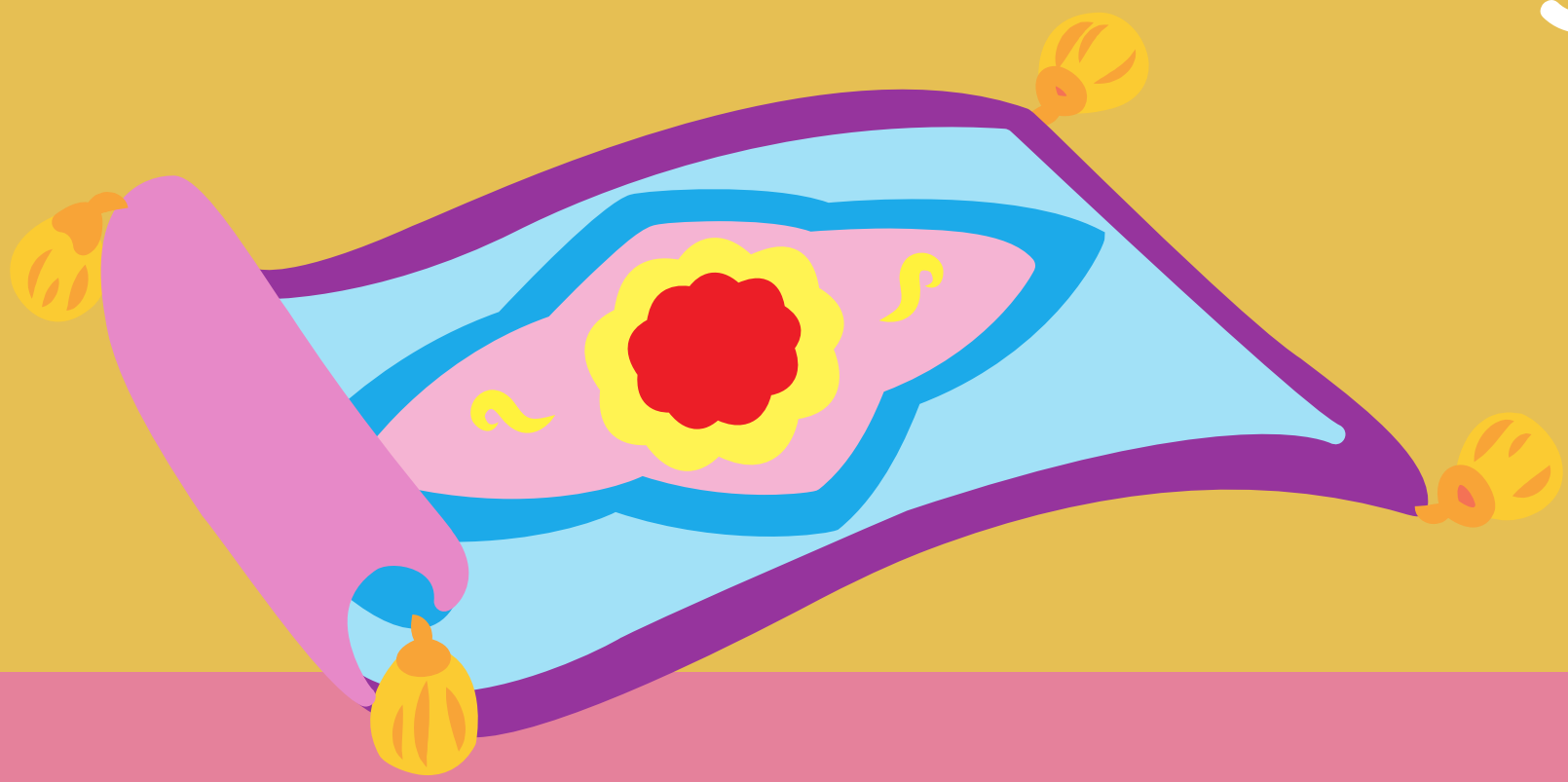
Snow Sunday



Instructions for how to make all these snacks can be found in the accompanying list of recipes!



Magic Mondays



Activities



- Magic Carpet Ride -- Sit down on a blanket which will be your magic carpet. Close your eyes and imagine where you would travel on your carpet. Have a parent or sibling gently fly you around. Or try standing up on your carpet and by yourself and balancing on one foot and then the other!
- Dragon Flying -- Pretend the scarves are your wings. Use them to fly around like a dragon. This can be done outside or inside, just be careful to avoid obstacles!
- Casting Spells -- Decorate an empty paper towel roll as your magic wand using markers, stickers, paint pens, or glitter. Then use your wand to cast spells.
- Invisibility cloak -- Play hide-n-seek with a family member and hide in different places around your house. If your hiding spot is good enough, it will seem like you are invisible!
- Super strength -- Today your superpower is strength! Set a timer for 2 minutes and see how many of each of these exercises you can do in that time with your super strength: 1) squats 2) sit-ups 3) jumping-jacks 4) push-ups!
- Super speed -- This time your superpower is speed! Have your parent or guardian set up a course that you can run outside. Count how many times you can complete the course in 5 minutes! If that was easy, do it again!
- Flying Saucers -- Use a frisbee (or a paper plate or pillow) and toss it back and forth with a family member. See how many catches you can get in a row!



Magic Mondays

Snacks

- Magic Wand Chocolate Pretzels
- Banana Ghosts
- Apple Monsters
- Star Sandwiches





Treetop Tuesdays

Activities



- Frog Hop -- set up the Rubber Spots around a room of your house (the Spots are your lily pads and the rest of the floor is water). Start on one side of the room and hop across each lily pad without touching the water. Then hop back in the other direction. If it is easy with both feet, try using only one foot or spreading the lily pads farther apart!
- Coconut Bowl -- Set up 10 cones in 4 rows (4, 3, 2, 1 bowling pin formation) (or 6 cones in a 3, 2, 1 formation) outside or around your house. Take 10 big steps back from the cones and make a starting line. Stand behind the starting line and roll a ball at the cones. See how many you can knock over in 2 tries. Play multiple rounds to beat your high score! If you're competitive, play against someone else and record your scores after each round.
- Tightrope Walker -- Squirrels have to have good balance to hop from branch to branch atop trees. Set up bean bags or pillows in a line on the floor and practice walking across your homemade balance beam. Put one foot in front of the other to try to keep your balance. If this is easy, try going faster or walking across on your tip toes!
- Lemur Lunges -- Stand with your feet shoulder width apart to start. Keeping your chest forward and your head up, lunge backward at a 90 degree angle with first your right leg, then stand back up, then repeat with your left leg. See if you can do 10 lunges on each side. Try for 3 sets of 10!
- Panda Planks -- Pandas often lay flat across trees. Get on your hands and feet in push-up position and hold that for 30 seconds. If that is too hard, do it from your hands and knees / if it is too easy, see if you can hold that position for a minute!

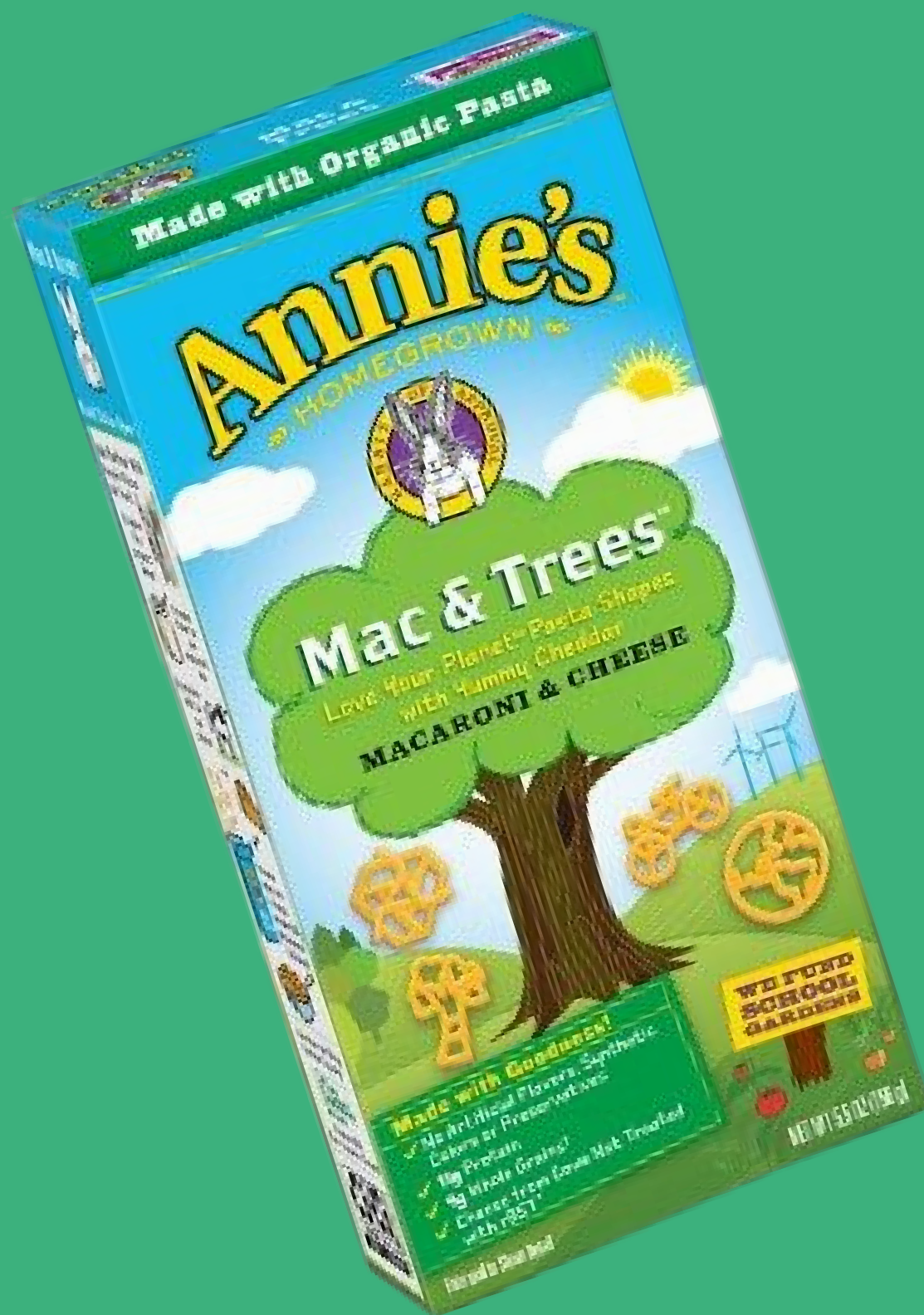


Treetop Tuesdays

Snacks



- Healthy Banana pancakes
- Ants on a Log
- Leafy Lettuce Wraps
- Annie's Mac & Trees (linked [HERE](#))

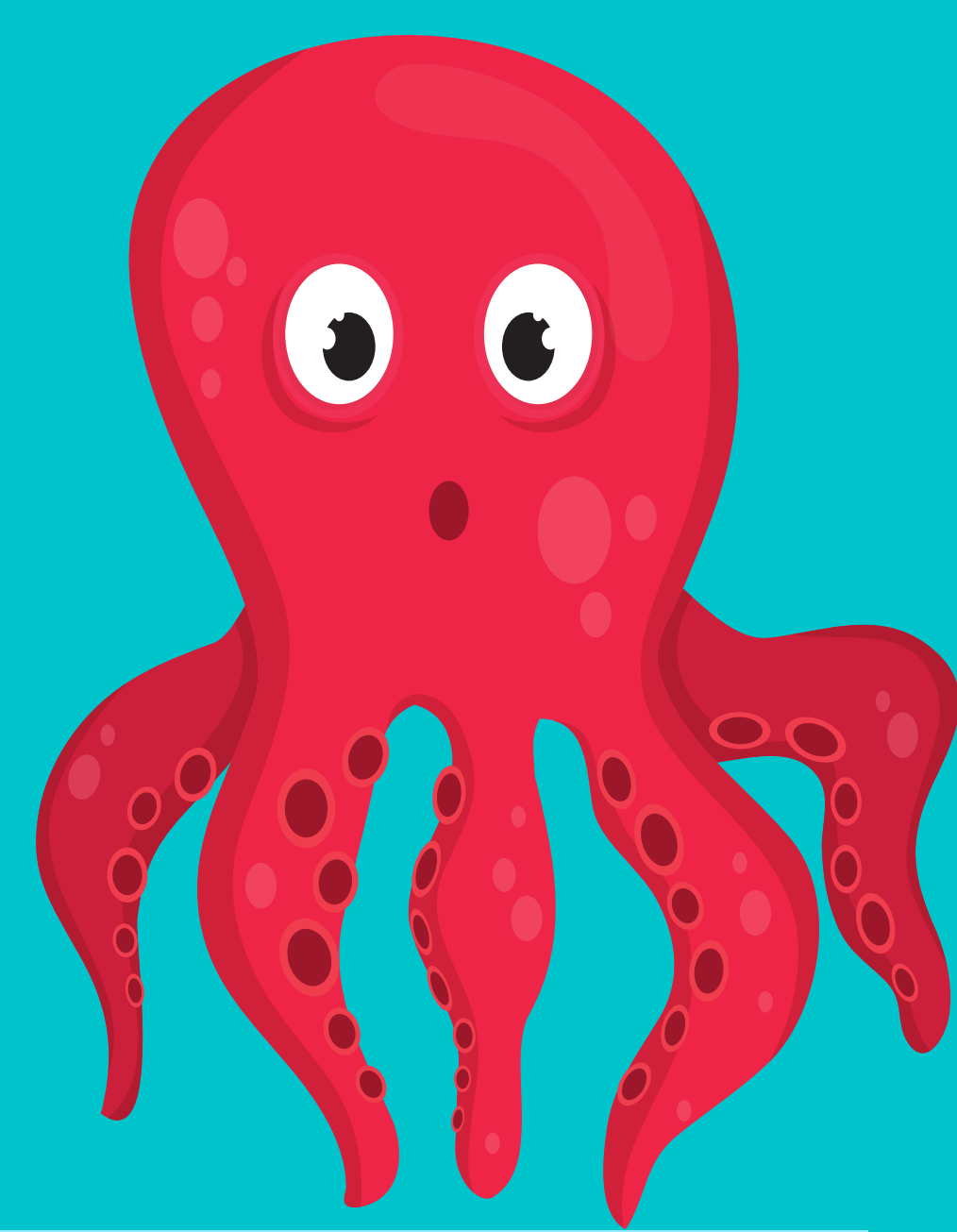


Fun Fact: Sloths sleep A LOT (between 15-18 hours a day)! While kids don't need that much sleep, it still is important to get 10-12 hours of sleep a night to help energize yourself for the next day!

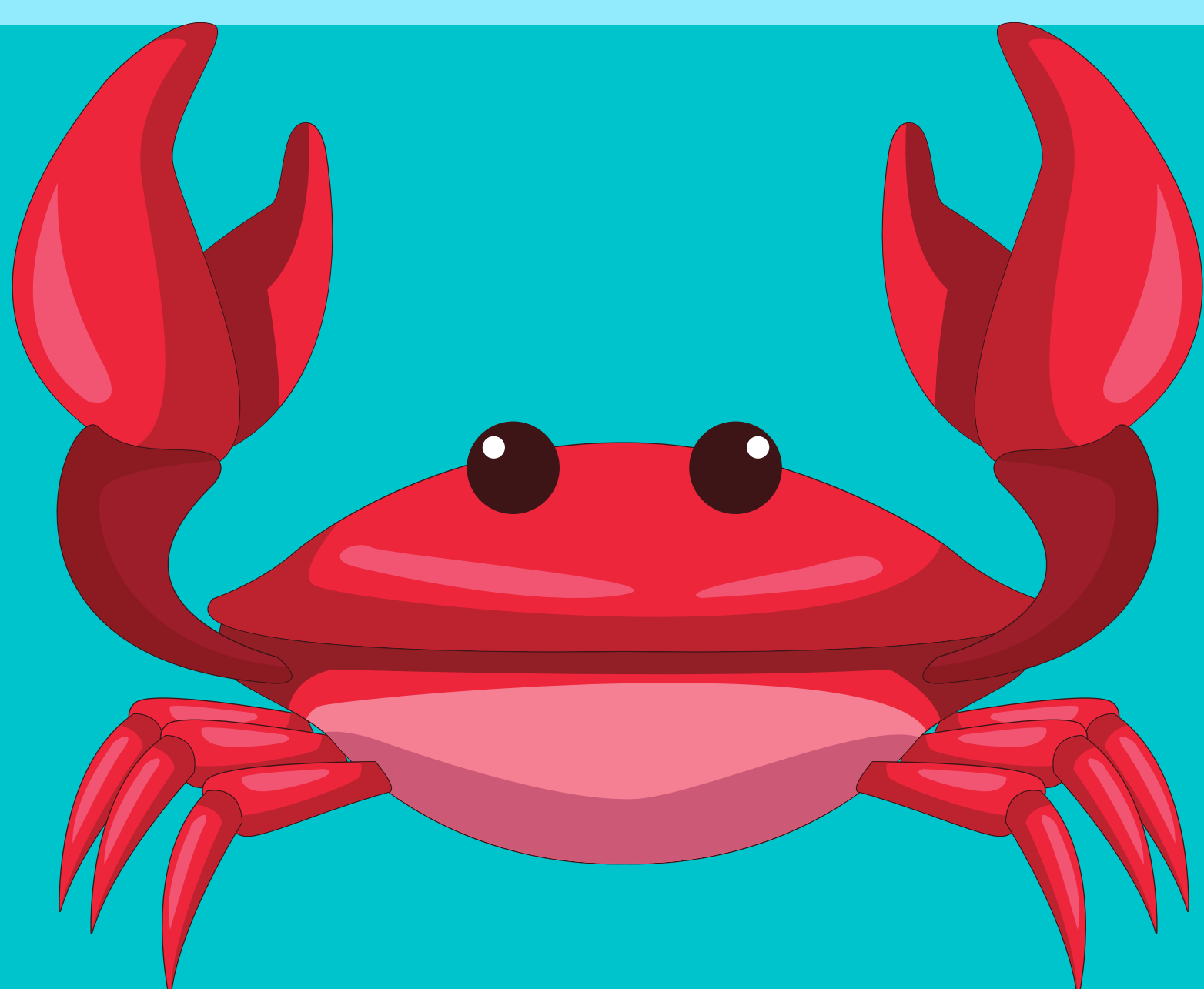
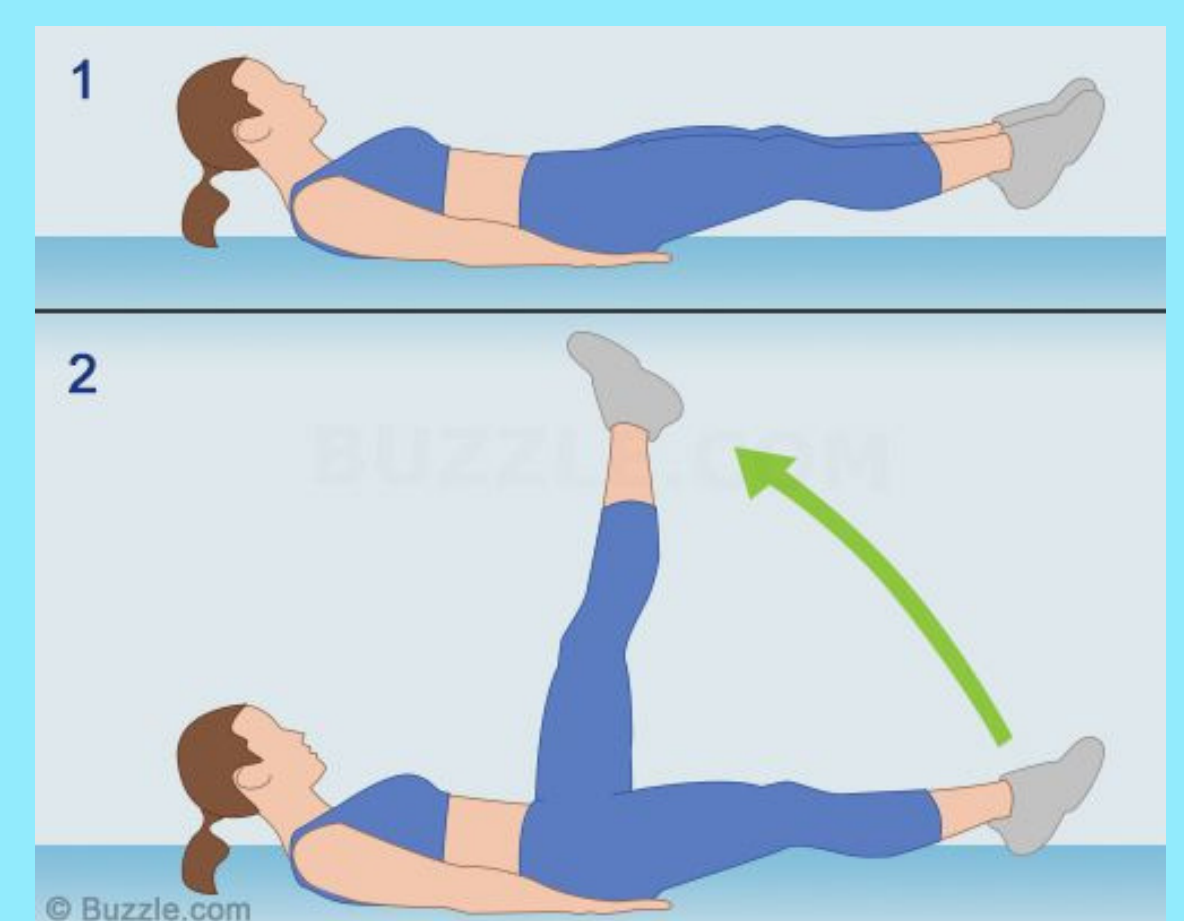


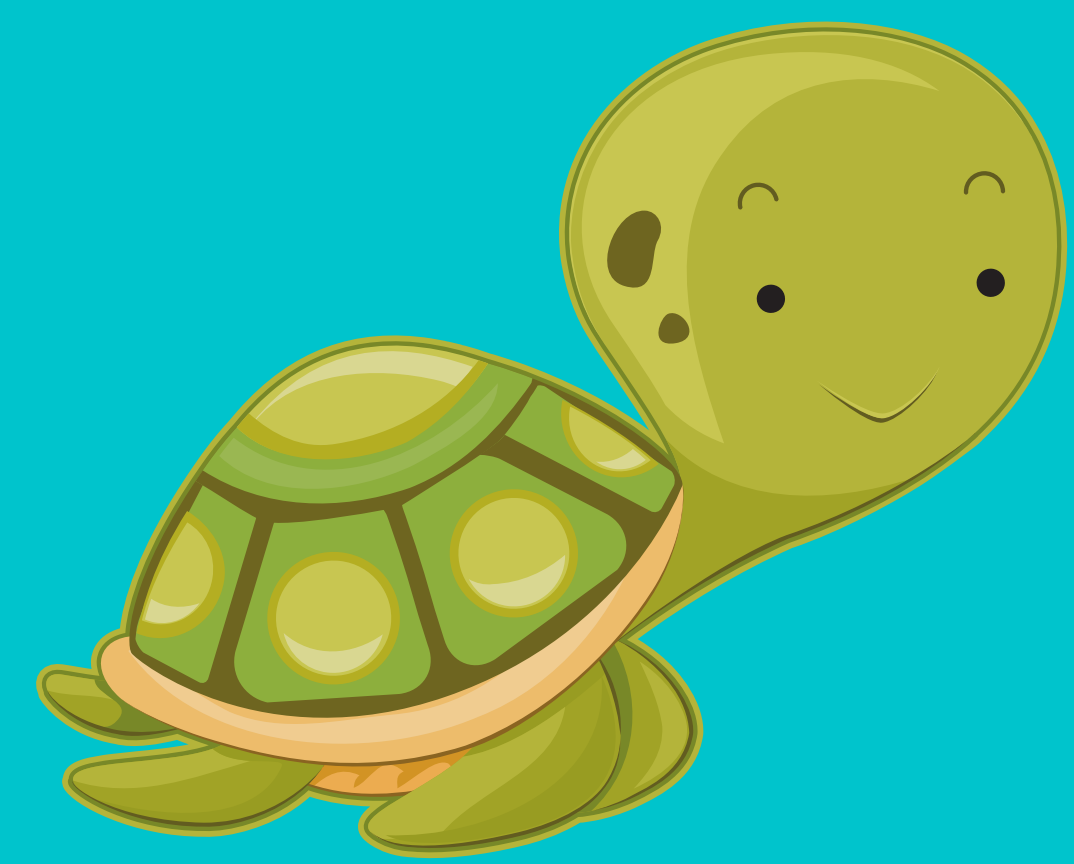
Water Wednesdays

Activities



- Crab Walk -- Sit down on the floor with your hands flat on the floor behind you and then lift yourself up so that you are balanced on your hands and feet, with your butt lifted off the ground. Scuttle around the room like a crab in this position. See how many times you can get across the room and back without falling over. Then try to beat your score!
- Octopus Tag -- Grab a couple family members to play with you. Make a starting line and a finish line. Have 1-2 people be the taggers and the rest try to get across from the start to finish line without getting tagged. If you get tagged, sit down on the floor where you get tagged. When the next group of people try to get through, stay seated, but reach your arms out like an octopus to try to tag them!
- Bubble blowing -- Grab a bottle of bubbles and head outside. Have a parent or guardian blow the bubbles for you. Run around and try to pop them or catch them in your hands before they hit the ground!
- Scissor Kicks -- Lay on your back and place your hands under your butt. Without touching your legs to the ground in between kicks, alternate them back and forth like they are blades of scissors, kicking one up while the other is down and then switching. It will look like you are swimming!



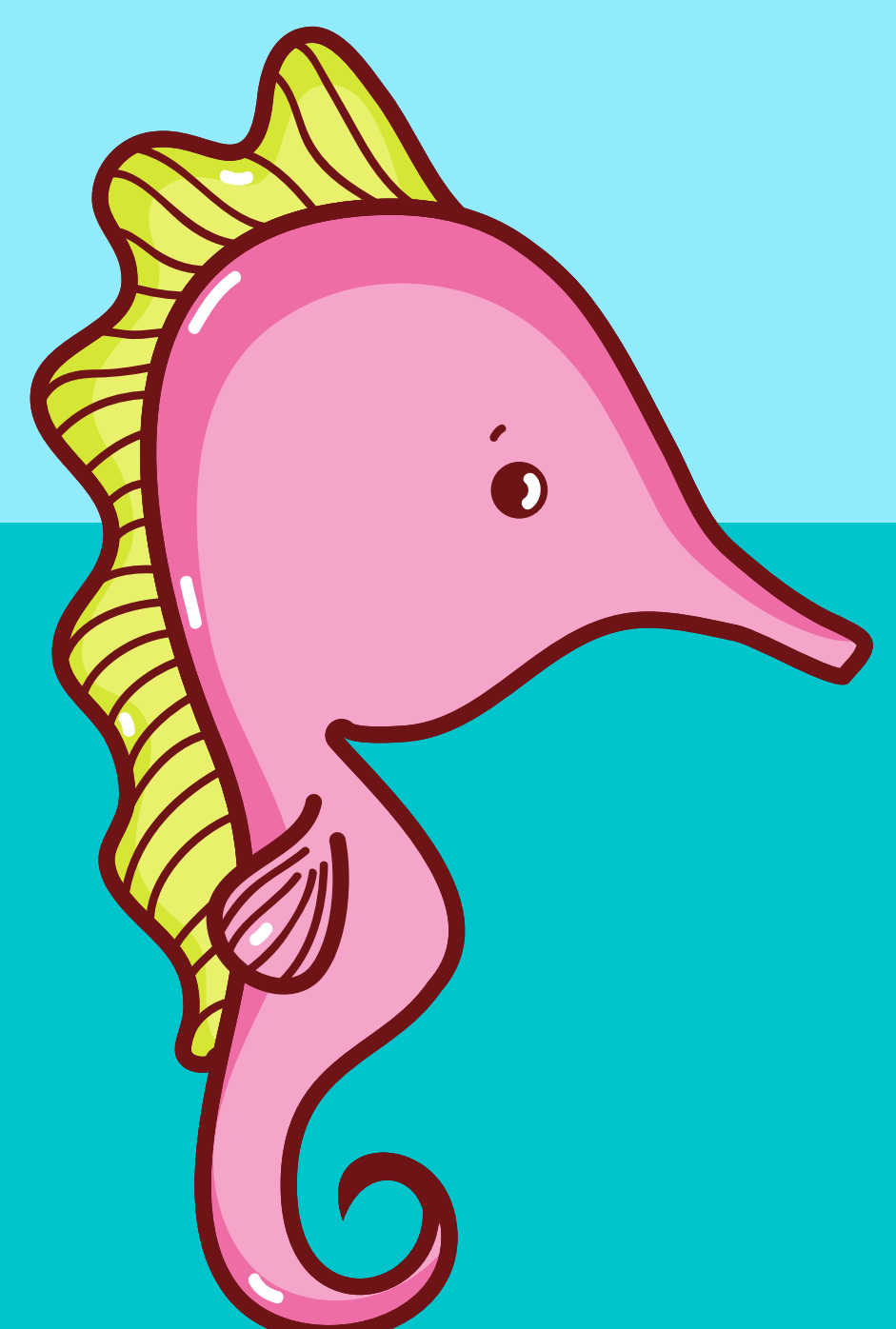
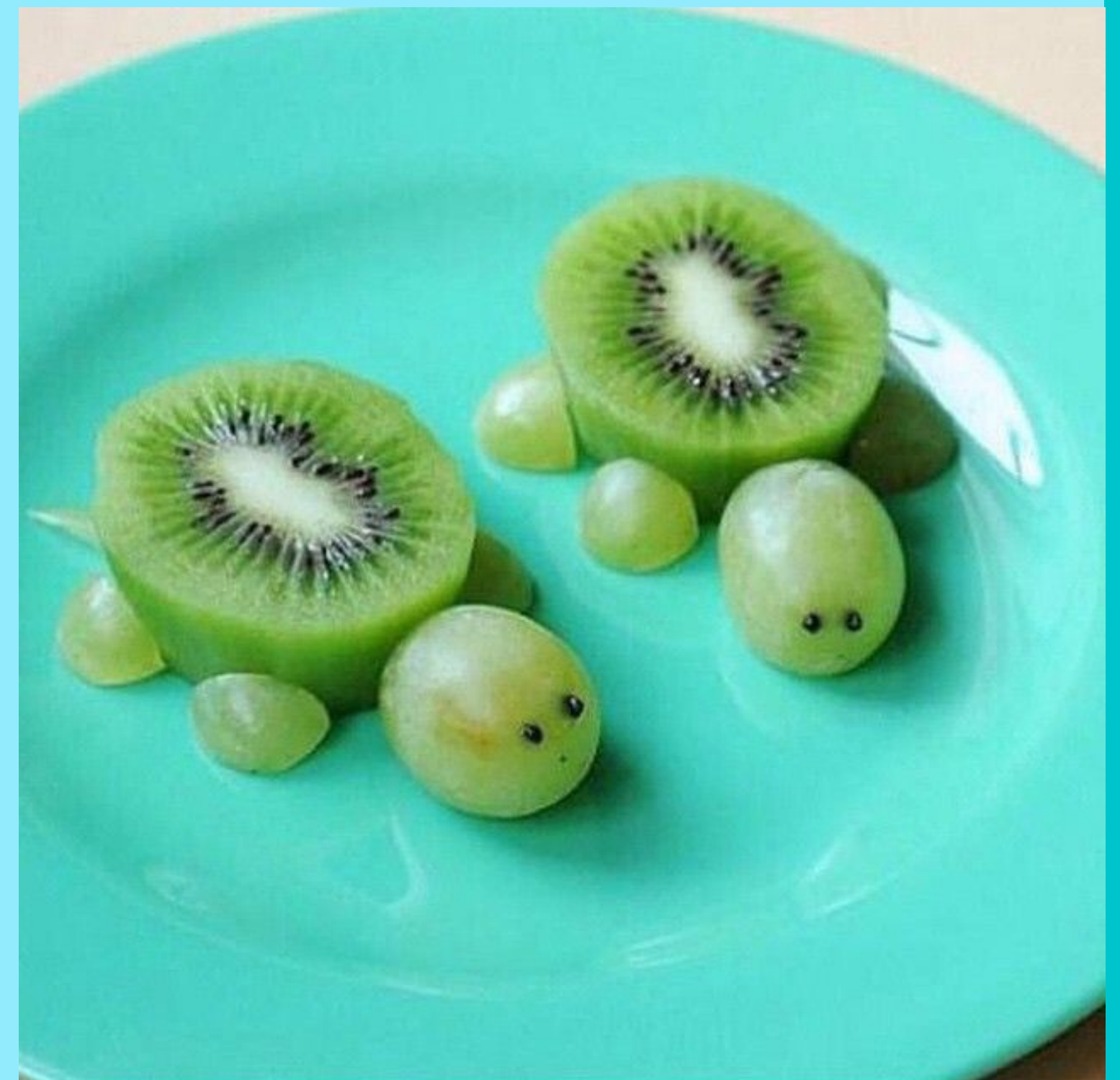
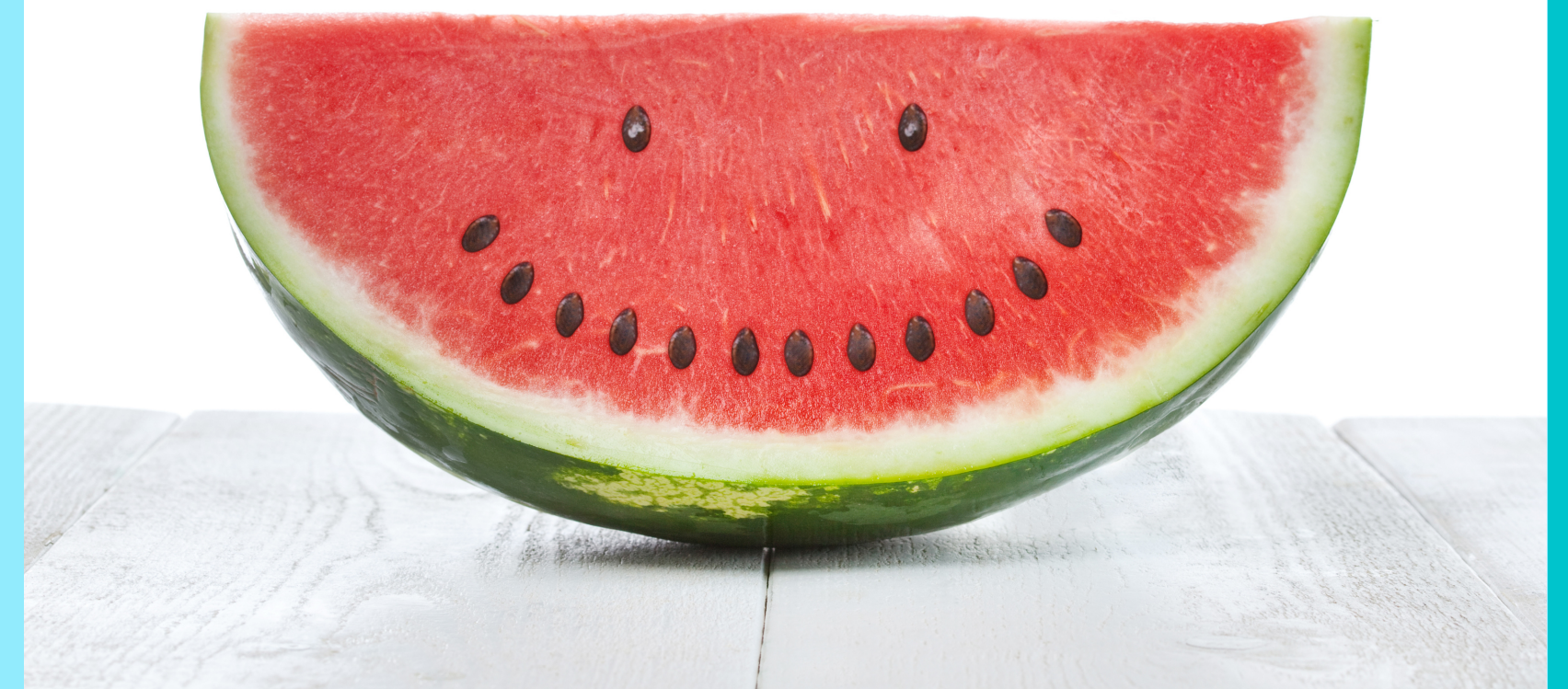


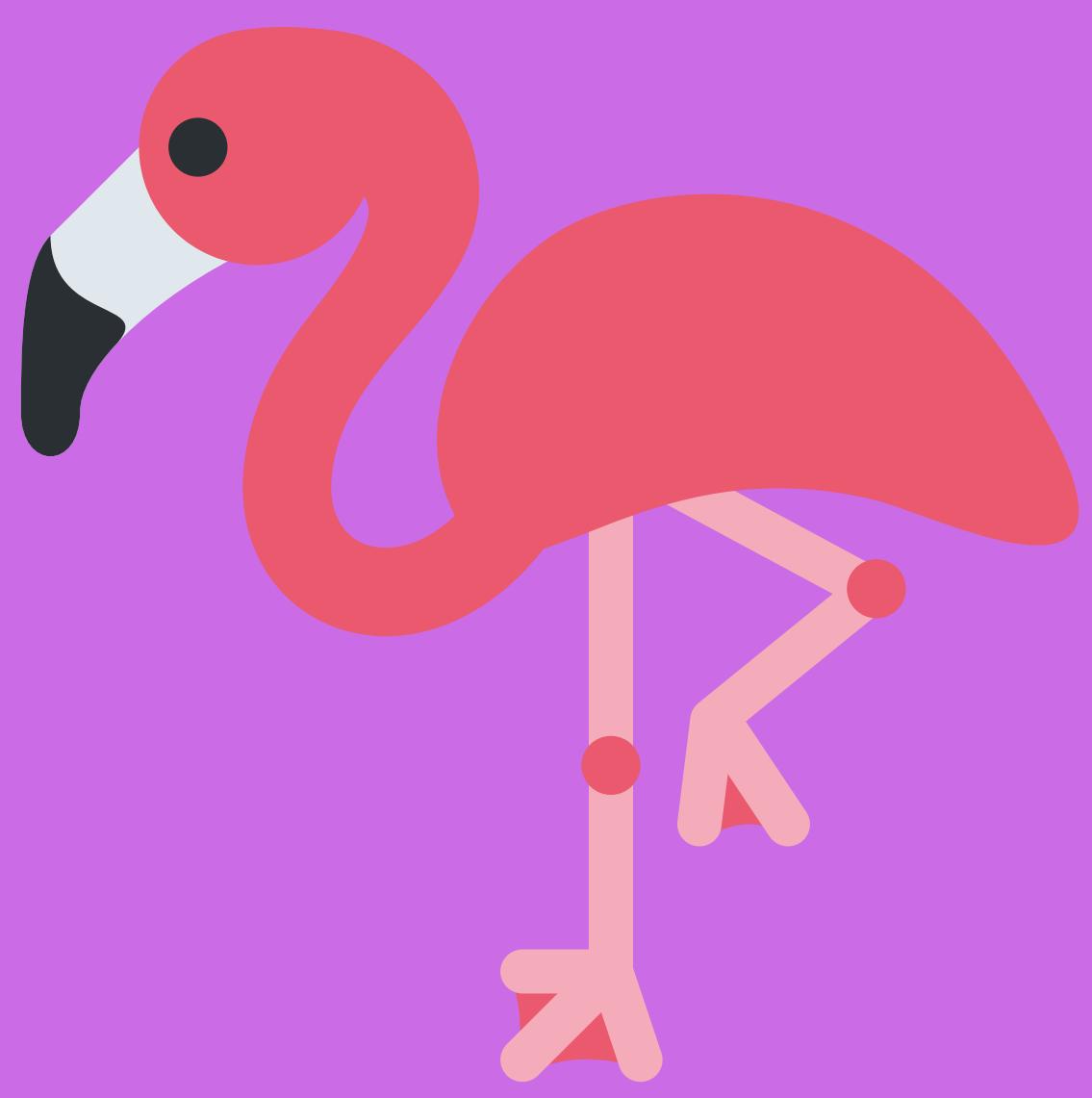
Water Wednesdays

Snacks



- Watermelon!!!
- Orange Octopi
- Kiwi & Grape Turtles
- Whole Grain Goldfish Crackers (linked [HERE](#))





Tropical Thursdays

Activities

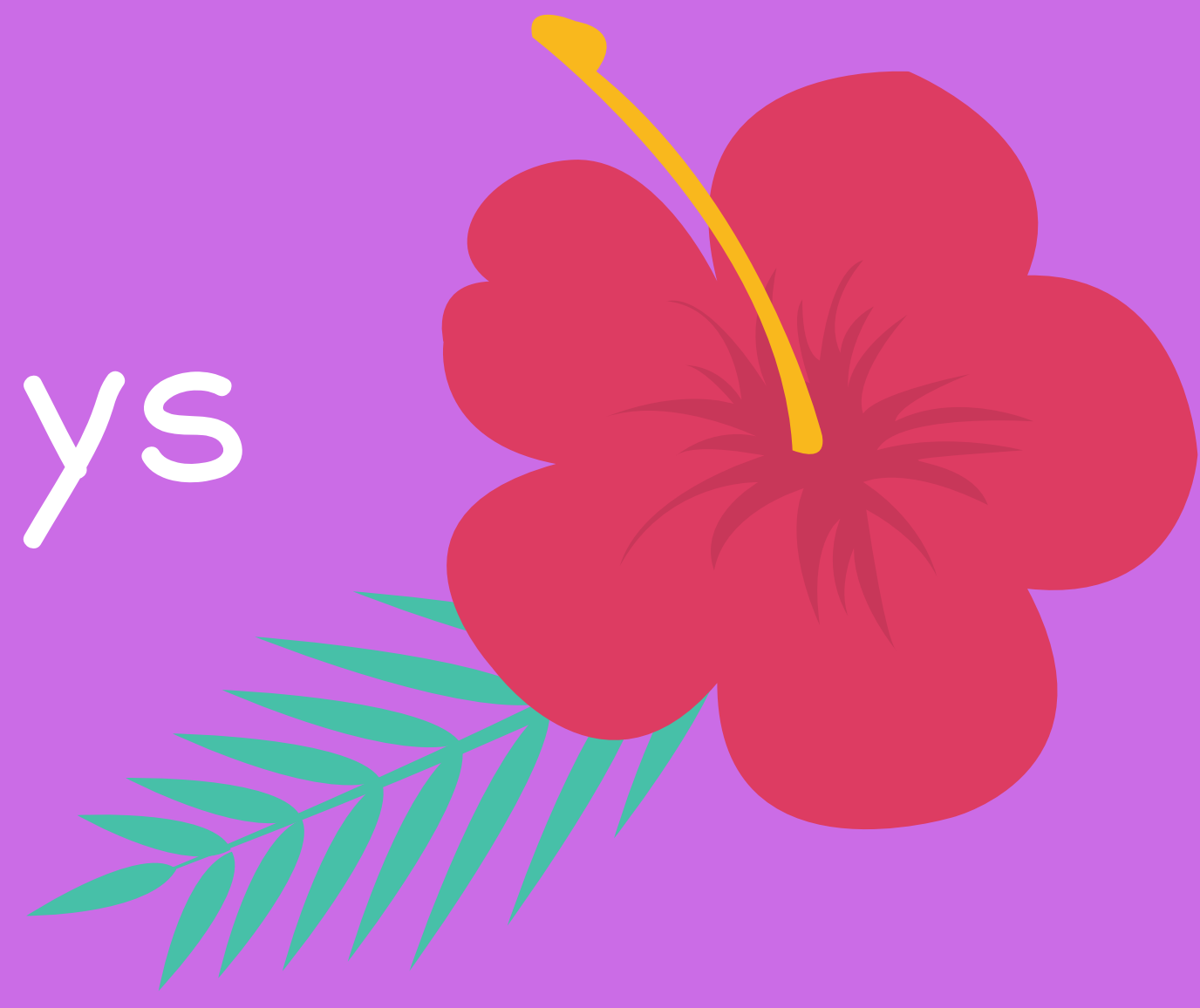
- Flamingo Balance -- Flamingoes stand on one leg all day long! Time yourself to see how long you can balance on only your right leg. Then try only your left leg. Repeat 3 times on each leg, and see if you can beat your time!
- Flamingo Squats -- Stand on one leg and squat down to a couch or chair. Your butt should go back and your chest and head should stay straight ahead of you. If you need to hold onto something to keep your balance, that is fine. Do 3 sets of 10 of these squats on each leg to help your balance become as good as a flamingo's!
- Slithering Snake -- Lie on your belly and slither around the room just like the Anacondas and other snakes that live in the tropical rain forests. To make it extra fun, set up different objects around your house to weave in and out of!
- Joggin' Jaguar -- Jaguars are SUPER SPEEDY and VERY AGILE! Jog in place for 30 seconds, do High Knees for 30 seconds, and then do Butt Kicks for 30 seconds. Rest for 30 seconds and then repeat the cycle 3 times! Soon you'll be as fast as a jaguar!





Tropical Thursdays

Snacks

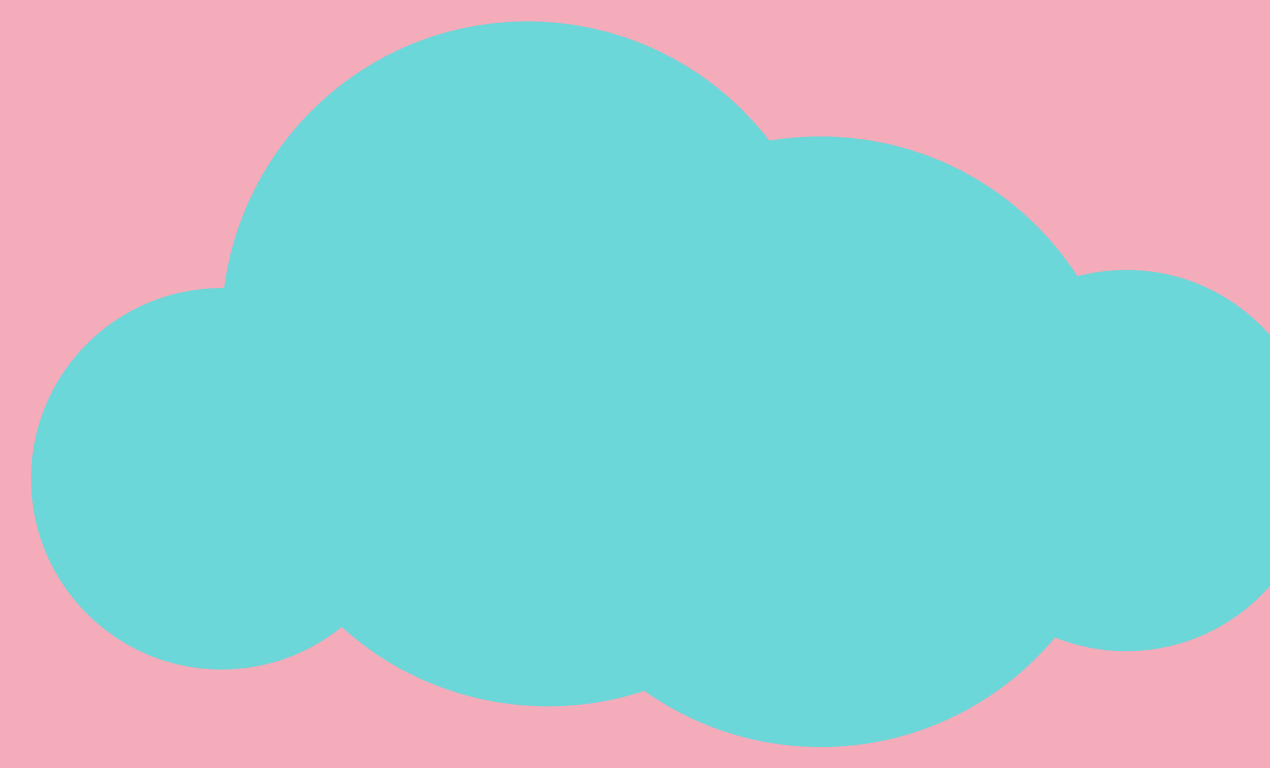


- Fruit Palm Trees
- Tropical Strawberry Pineapple Banana Smoothie (or any of the other Healthy Superfood Smoothies)
- Strawberry Banana Snake



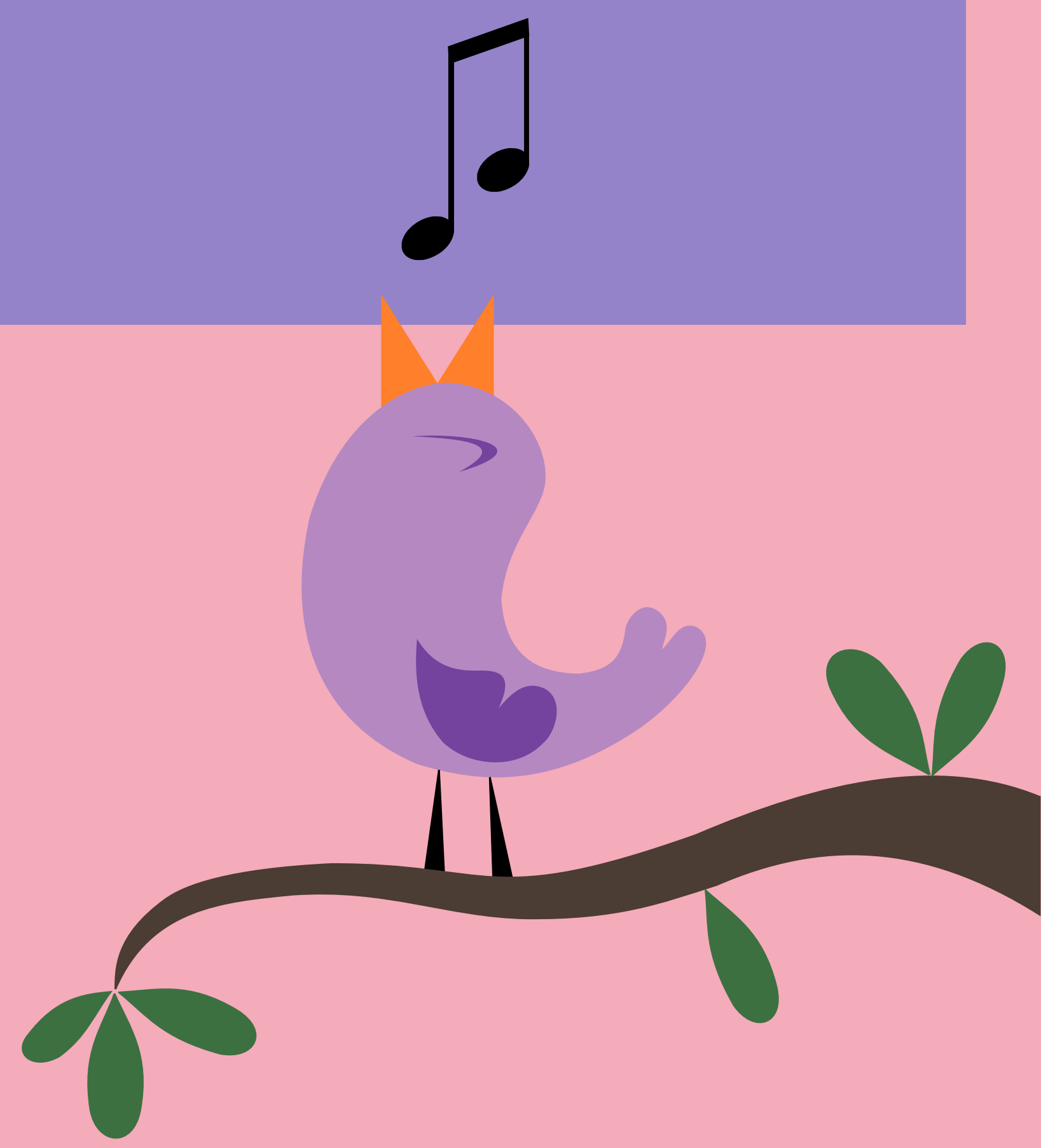
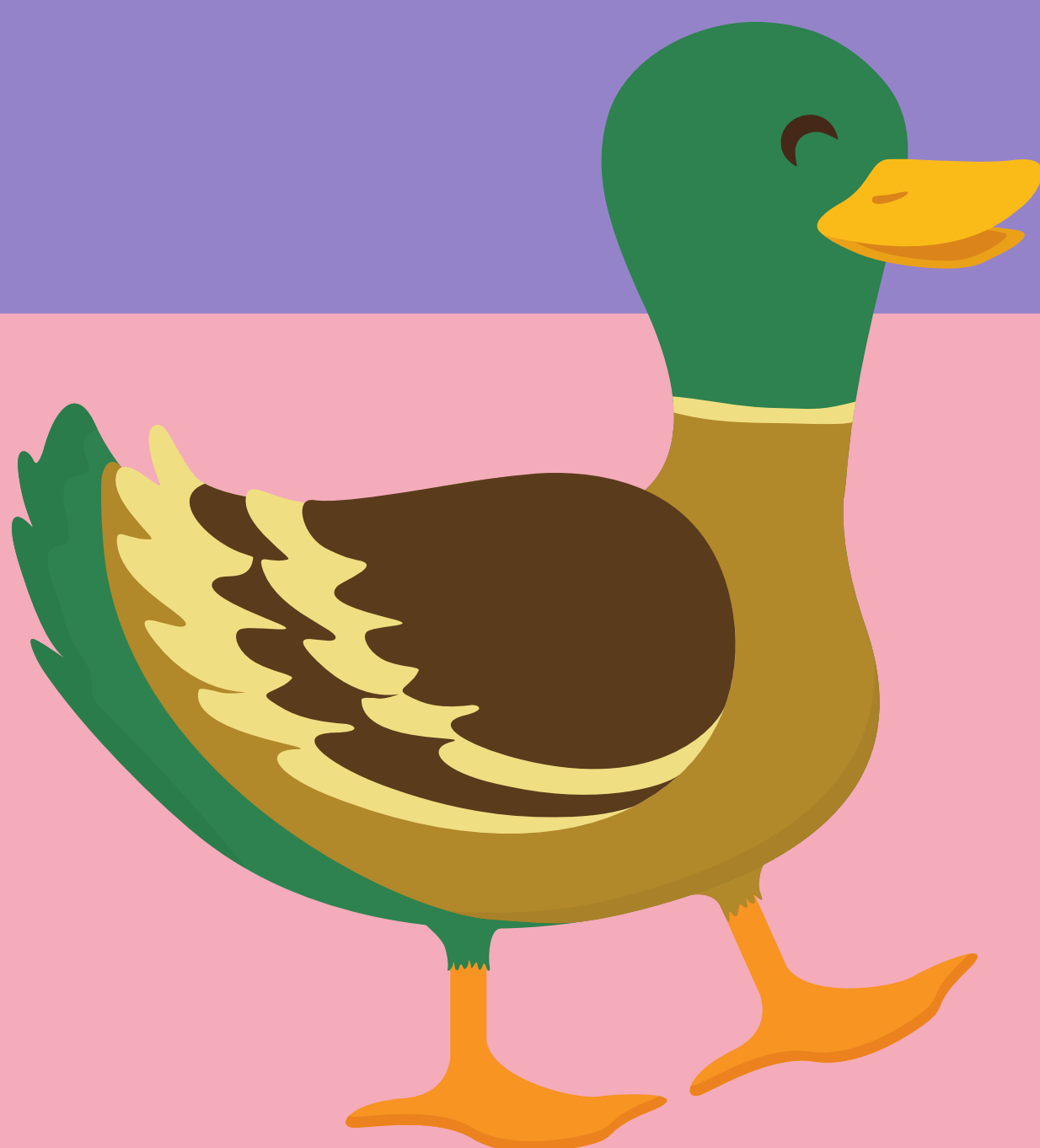


Flying Fridays



Activities

- Musical Chairs -- Birds love music so much they make their own! Set up chairs around the room and play some music. When the music stops, find a seat as quick as you can! Make it more fun by playing with family members or by making up your own dance moves when the music is playing!
- Skipping Sparrows -- Skip for height around the house or outside! See how high in the air you can get, just like birds use their wings to get in the air!
- Egg-cellent Egg Hunt -- Lots of birds lay eggs. Have a family member or guardian hide plastic balls or bean bags around the house or outside (don't peek!). When they are done hiding your "eggs," go look for them. See how fast you can find all the "eggs"! To make it more fun, spread your arms out like wings to fly between hiding spots!
- Duck Waddle -- When ducks walk, they waddle around! They walk with their heels together and their toes pointed out. Try walking back and forth around your house or yard like a duck. Now try going faster! Now faster!
- Pillow Nest -- Birds build nests in the trees they live in. Use materials around your house (like pillows, blankets, and couches) to build your own nest. Make tunnels to crawl through or use pillows to make branches to balance on in and around your nest. Before landing inside your nest, fly around your house like a bird until you get tired, using a scarf as your wings!





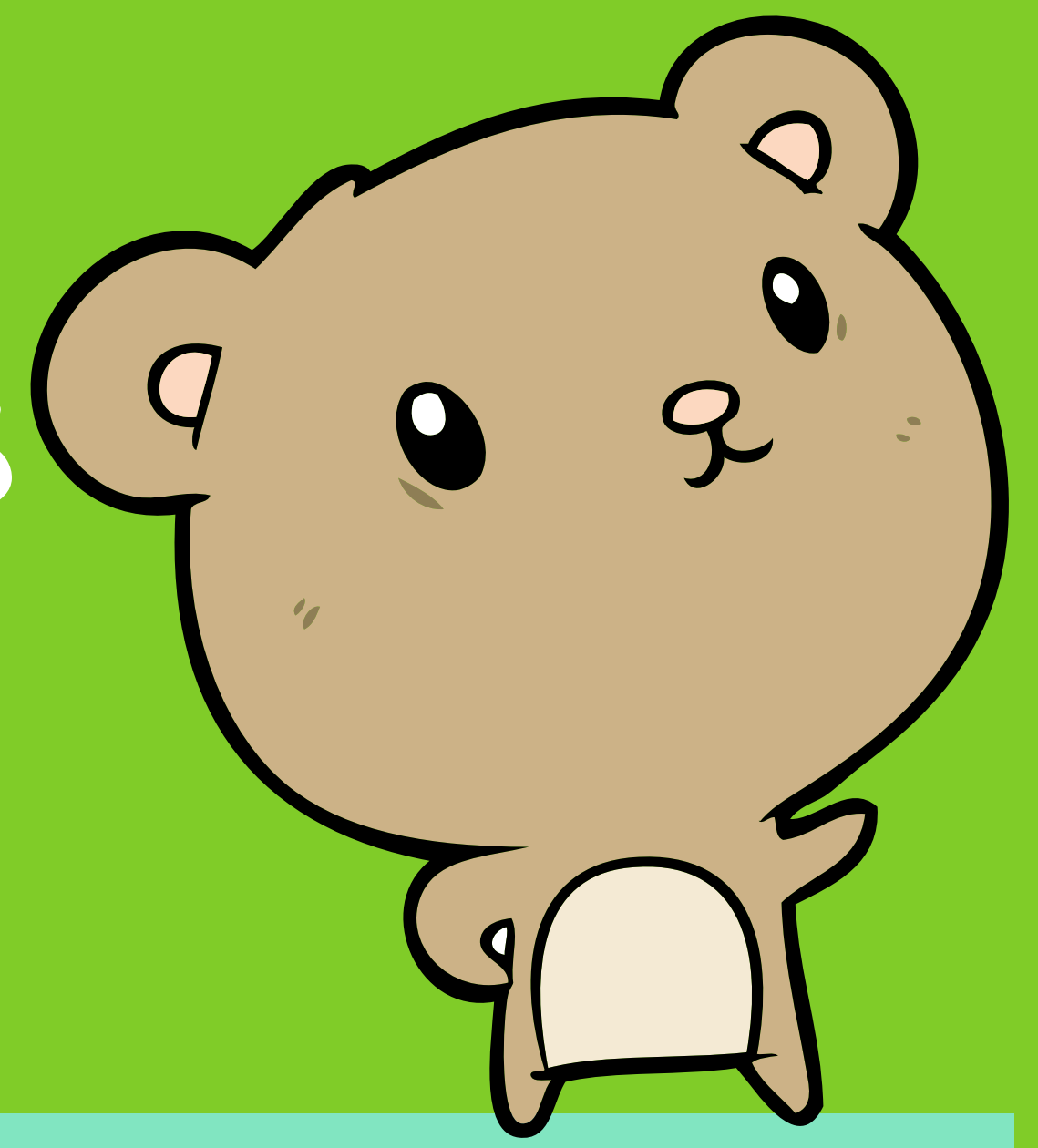
Flying Fridays

Snacks

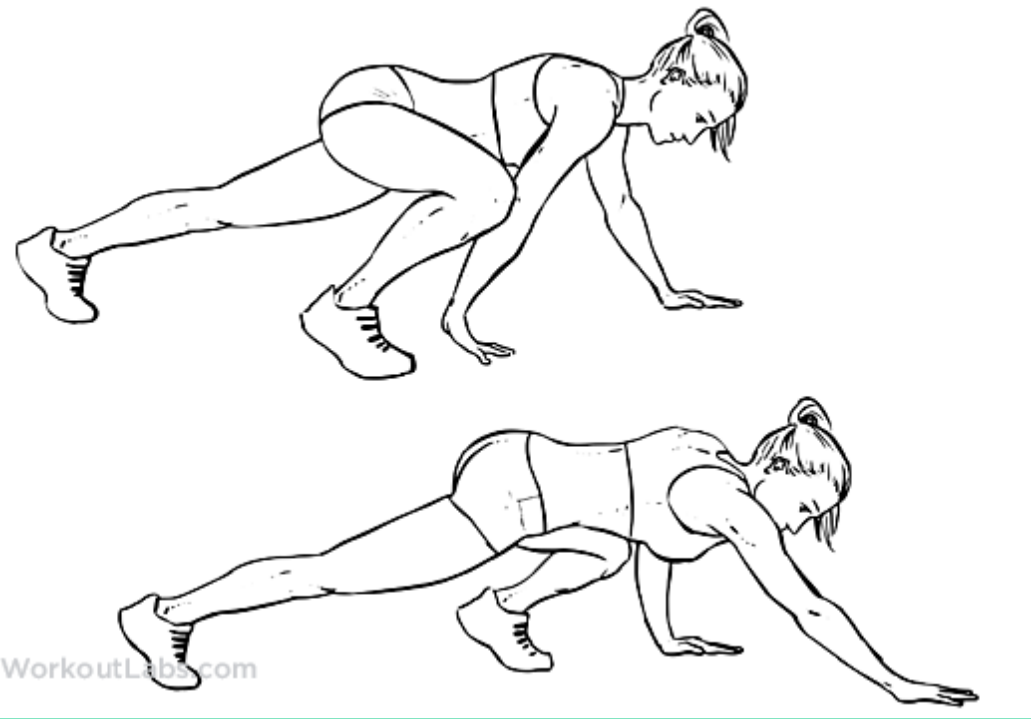
- Birdseed Trail Mix
- Chewy Honey Bars
- Deviled Eggs Chicks
- Low Carb Cloud Cookies



Safari Saturdays



Activities



- Bear Crawl -- Get down on your hands and knees, digging your toes into the ground. Lift your knees so they are about an inch above the ground, balancing on your toes and hands. Move forward with your right foot and left hand, then your left foot and right hand. Start off slow to get the form down, then speed up. Bear crawl back and forth across the room, staying low and using your core!
- Rhino Ring Toss -- Set the cones up about 10-15 big steps away from you. Use a set of rings, hoops, or even plastic cups or bowls to toss towards the cones. See how many of your "rings" you can get to land on the cones. Try it a few more times to see if you can beat your score!
- Giraffe Calf Raises -- Giraffes are REALLY tall. Pretend you're a giraffe and raise up on your tiptoes. Then slowly lower your heels back to the ground so you're standing flat footed again. Raise up on your tip toes again, then slowly lower back down. Repeat this for 15 reps, working on your balance. You should feel it in the back of your legs in your calf muscles. Hold onto a wall or chair if you need help balancing. Do 3 sets of 15 giraffe calf raises!
- Animal Charades -- Grab a couple family members and some pieces of paper. Have every player write down a couple names of animals on the paper. Take turns drawing cards (without letting the other players see), and acting out the animal written on your card. See if the other players can guess what animal you are!



Safari Saturdays

Snacks



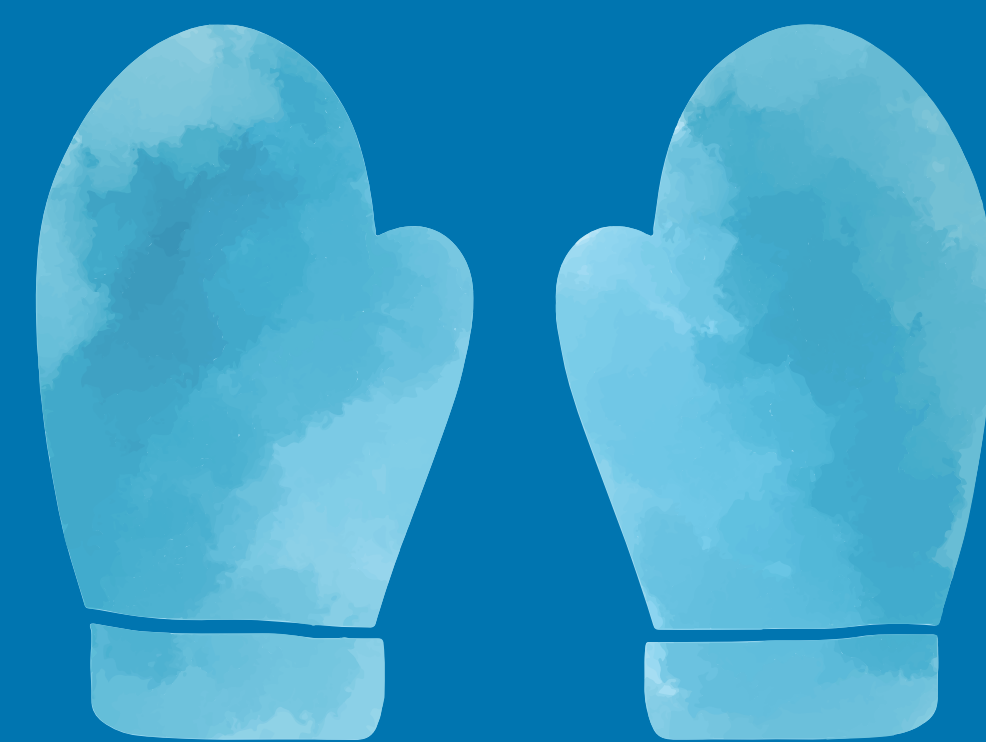
- Teddy Bear Toast
- Berry Yummy Parfaits
- Lion Vegetable Tray
- Organic Animal Crackers (linked [HERE](#))



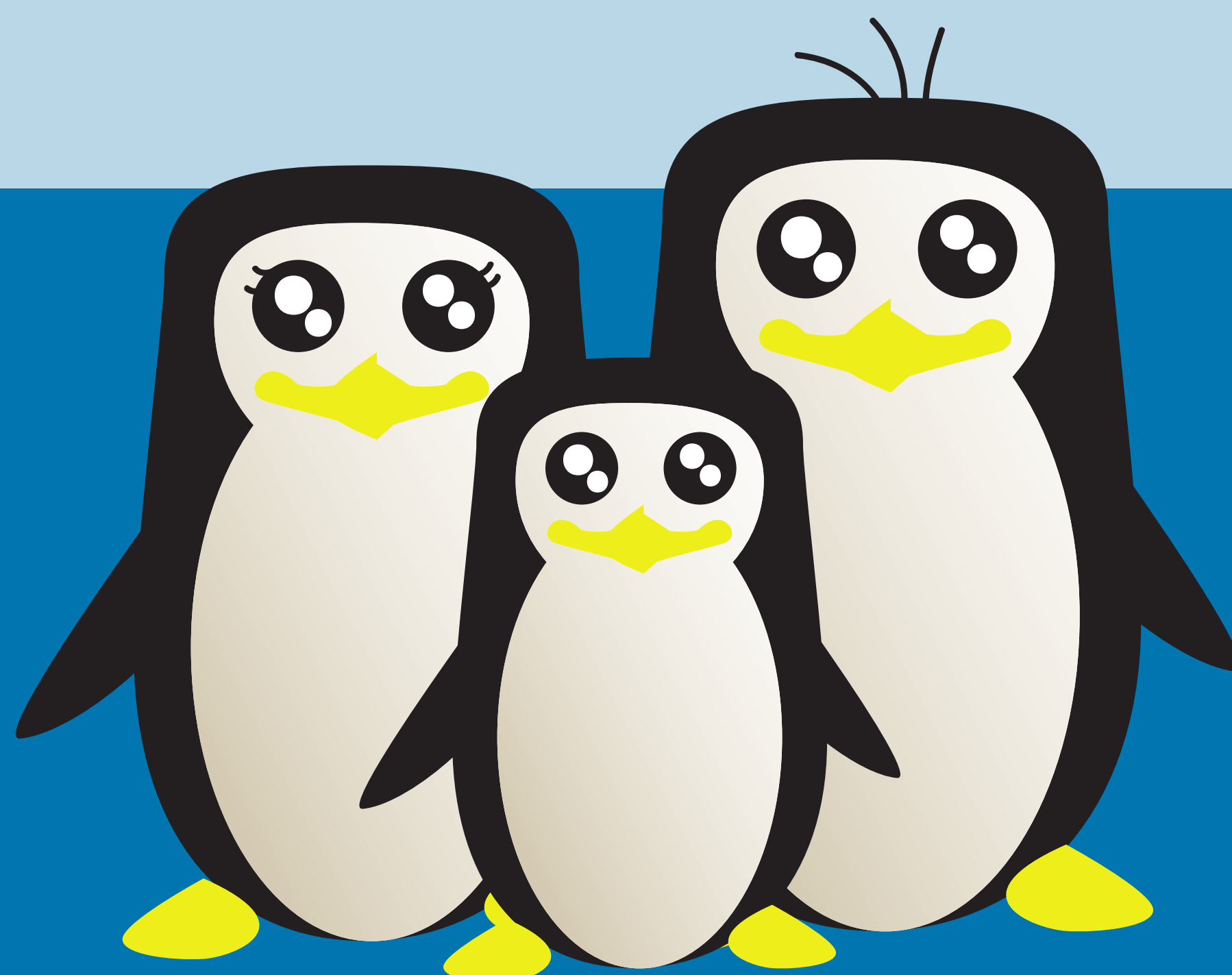
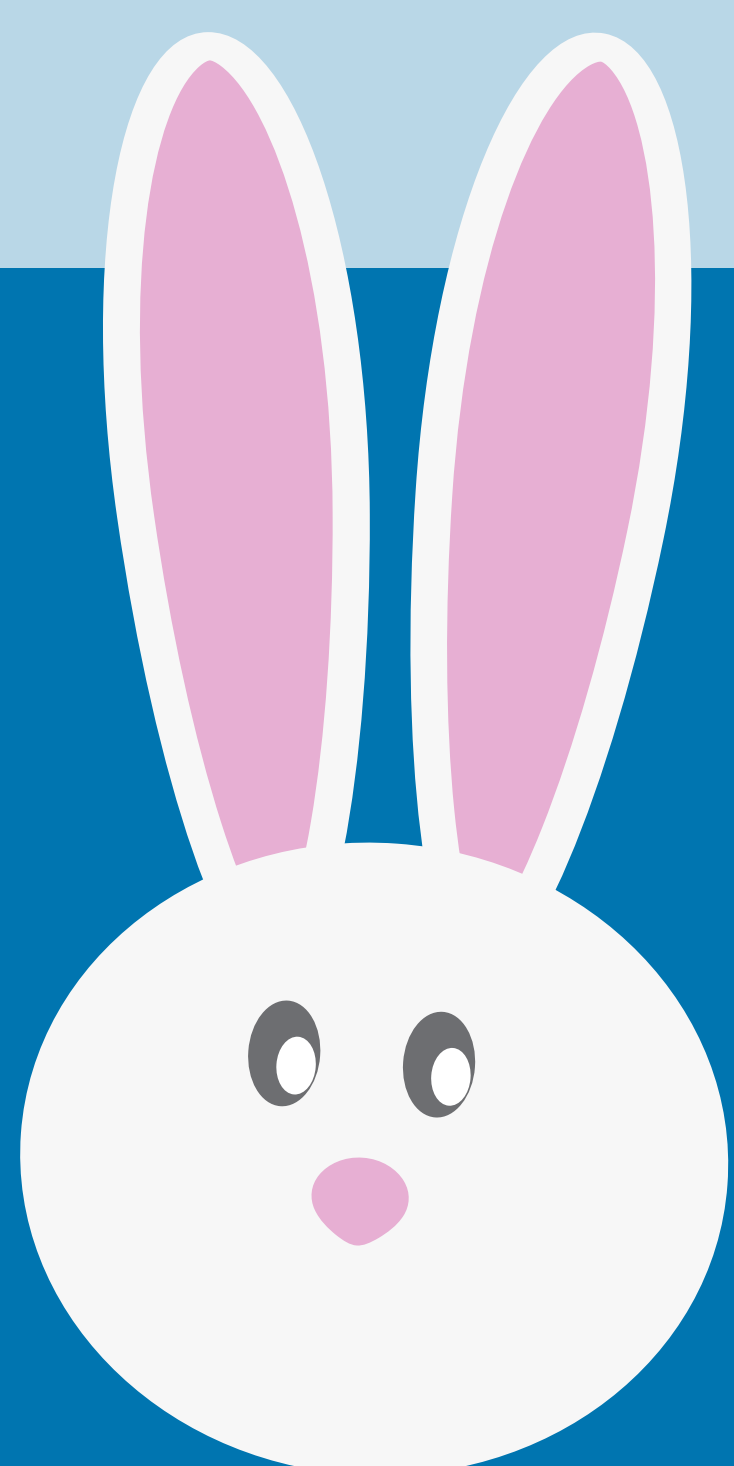


Snow Sundays

Activities



- Freeze Tag -- A classic, but wonderful game! Grab a family member or two, and have them play with you. One person is the tagger and the others try not to get tagged. If you get tagged, you are frozen in place, until someone else tags you to unfreeze you!
- Freeze Dance -- Turn on some tunes and start dancing! This is your chance to break out your best dance moves! Have someone stop the music every once in awhile. When the music stops, FREEZE! Try to stay as still as a statue until the music starts again. If you move during this time, you're out!
- Snowball Toss -- Grab your stress ball, or another ball and a partner. Start 3 steps apart and see if you can each complete a toss to each other. If you both catch it, take a step back. Keep tossing and taking steps back until one of you drops the "snowball". Start over again and see if you can beat your number of tosses and steps back! For some extra excitement, try this activity outside with water balloons!
- Snowshoeing Hares -- Stand on the Rubber Spots on a hard floor, or you can use pillows or towels under your feet. Slide along the floor like you are snowshoeing through the Arctic!
- Icy Obstacle Course -- Set up different obstacles around your house: cones you have to zigzag through like you're sledding or skiing, scarves you have to skate across, tunnels you have to polar bear crawl through - get creative!





Snow Sundays



- Strawberry Chocolate FRO YO Sundaes
- Snowman Bagels
- No-Bake Reindeer Energy Bites



Active Animals Adventures!



Thank you for completing our Young Athletes Guide! We hope you had some fun and got some good activities in along the way! Feel free to do it again if you want and stay safe and healthy!

