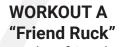




8 OLDER JUNE 2022

"Fostering Kindness and Empathy in Children and Youth"

Color in the chess piece below when you complete a task.



 Grab a friend, grab a grown up, grab a ruck, and go for a 30 minute walk! BOOK
A Boy Called Bat (part 1)
By: Elana K. Arnold and
Charles Santoso



- Buy in: Ruck 400 meters with a friend (stay together)
 AMRAP in 6 minutes:
- 10 ruck passes back to back
- 10 squat + ruck chest pass
- 20 plank hand claps (ruck on or off)

ACTIVITY

Sit down with your grown-up and brainstorm answers to this question: HOW CAN YOU SHOW MORE KINDNESS IN YOUR DAILY LIFE? Make a list of a bunch of options, then choose one that you'd like to work on this month. Anything goes! Putting more kindness out into the world will make it a kinder place; do it and see!

