



SEEK KINDNESS

8^{AND}
OLDER

JUNE 2022

"Fostering Kindness and Empathy in Children and Youth"

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



WORKOUT A "Friend Ruck"

- 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



WORKOUT B "Friend Me"

- 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!

*A and B can be done on separate days. End the workout when your child is no longer excited to be doing it. Keep it fun!