



SEEK KINDNESS

8 AND UNDER

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
Tani's New Home
By: Tanitoluwa Adewumi
and Courtney Dawson



WORKOUT B "Friend Me"

- Buy in: 400 meters ruck with a grown up and friend
- AMRAP in 4 minutes:**
- 7 seated side to sides (use unweighted ruck or no external load)
- 7 squats (use unweighted ruck or no external load)
- :20 second plank (grown up counts!)



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!