



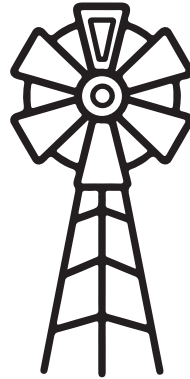
SEEK DETERMINATION

8 AND
OLDER

AUGUST 2022

"Whatever you want to do, if you do it with all your heart, it will happen."

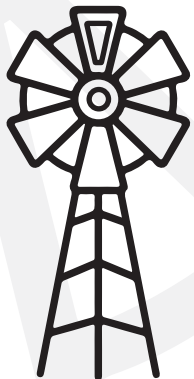
Color in the windmill when
you complete a task.



WORKOUT A "LONG RUCK"

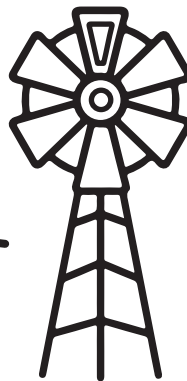


You've been consistent all school year, so it is time to do a longer ruck! Grab a grown-up and take a walk for 60 minutes. You've got this!



BOOK

- **THE BOY WHO HARNESSSED THE WIND**
By: William Kamkwamba and Bryan Mealer

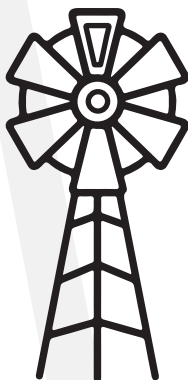


WORKOUT B "THE WILD"



AMRAP in 5-7 minutes:

- 5 forward rolls
- 5 pike push ups (no ruck)
- 10 jumping squats (ruck on or off)
- 50 meter sprint (ruck on)



CHALLENGE



- Are you inspired by William's determination to solve problems in his village by using science? Use your curiosity this month to learn more about science! It is within your power to gain knowledge through experimentation. Ask a grown up to help you choose a project to work on that is listed here. If you have other ideas not listed, go to the local library with your grown up and ask the librarian for help in researching how to do your project.

**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!*