



SEEK INDEPENDENCE

8^{AND}
OLDER

JULY 2022

"Anything that you want to achieve takes time. Step by step, little by little."

Color in the hatchet below when
you complete a task.



WORKOUT A



• "FIREWORKS OR NIGHT RUCK"

Is there a fireworks show going on near you this month? Grab your ruck and wear it to the event. If there are no fireworks near you, ask your grown-up to take you out on a walk at night so you can see the stars!

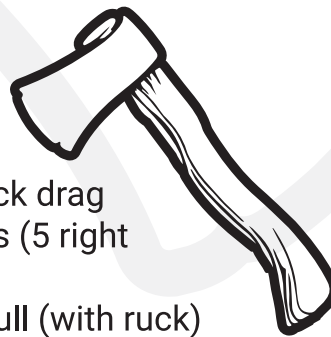
WORKOUT B



"THE WILD"

AMRAP in 7 minutes:

- 20 meters high crawl ruck drag
- 10 one arm ruck presses (5 right arm/ 5 left arm)
- 10 sumo deadlift high pull (with ruck)



BOOK

• HATCHET

By: Gary Paulsen



CHALLENGE



- Choose one skill that you **cannot do YET**. Ask for a grown-up's help, make a plan on how you can practice that skill one step at a time, and focus on that skill this month. Do you want to learn how to shoot a 3-pointer in basketball? Break it down, practice everyday, and eventually, you will be able to do it! **Anything that you want to achieve takes time. Step by step, little by little, if you practice consistently you will eventually be able to do it. Not every day will be easy, but hang in there.** Celebrate the progress you make and go for it!

**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!*