



Each pair find a pine cone



Skip two laps around the field singing your favorite song. Sing it loud and proud! Don't forget to collect a sticker as you pass!



Find two things a squirrel will hunt for winter



Find a jump rope, jump 25 times without messing up!



Each team member should find a balloon and blow it up



Run to the soccer goal and write down 5 positive comments of why your teammate is an awesome Girl on the Run!



Gather 4 leaves which have fallen from a tree, each a different shape and/or color



Do 25 jumping jacks Do 25 sit ups Do 25 pushup while your teammate shouts out encouraging cheers



Jog two laps and collect a sticker when you pass the coach. Give words to encouragement if you pass another!



Pick up 2 pieces of trash and throw it in the garbage