

Collect a brown leaf and then do 10 jumping jacks



Collect pieces of grass and make a ring for each team member and then do 5 pushups on grass



Collect a piece of bark that is flat and jump up 5 times in front of a door



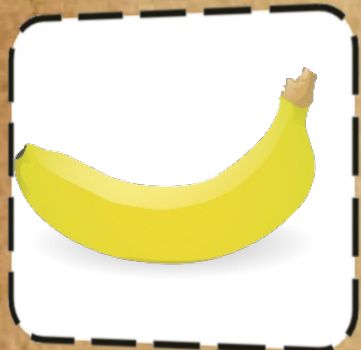
Write down middle name of GOTR coach and find a free gift for a GOTR coach



Find something that can be recycled and wave at 3 people



Hold hands with partner and run from one blue cone to the other blue cone



Find a GOTR participant that ate a banana this week



Have one person from team say hope you are having a good day to YMCA student



Each team member pretend they are shooting 5 basketballs in basketball hoop



Write down who is shorter on your team and give each other high five

