



Look for something red. When you find it skip, run, or walk 1 lap with your partner.



Look for the American flag. When you find it run 1 lap with your partner.



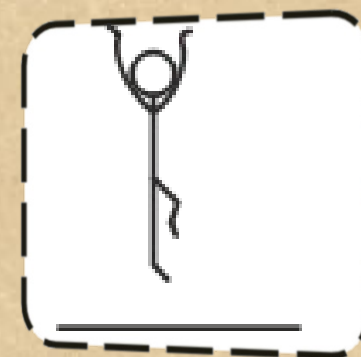
Look for a smile. When you find it, do knee highs for 15 seconds with your partner.



Find something that starts with letter S for Stop. When you find it, run 2 laps with your partner.



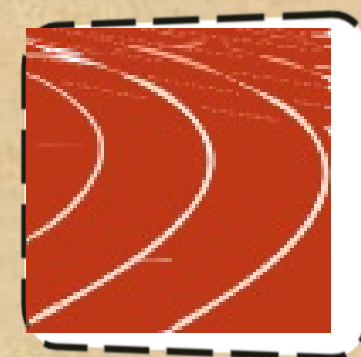
Find something that begins with letter B for Breathe. When you find it, skip 1 lap with your partner.



Find something that starts with letter T for Think. When you find it do 15 jumping jacks together.



Find something that begins with letter R for Respond. When you find it, run 2 laps with your partner.



Find something that starts with the letter R for Review. When you find it, skip 1 lap together.



Find a coach, run to her and say 2 qualities you look for in a friend. Give her a high five.



Find GOTR and when you find it, with your partner give an energy cheer. Run 2 laps together.