



## CHALLENGES ACTIVITY SUPPLEMENT SUFFERING // WEEK 4

### Challenges

*If a kid in your group has a disability that makes the active challenges impossible, choose non-active challenges.*

#### Active Challenges

- Stand with arms out to sides while balancing on one foot.
- Sit down and stand up repeatedly.
- Run in place, while trying to touch your knees to your chest with each step.
- Plank.

#### Non-Active Challenges

- Keep your eyes open without blinking.
- Hold your biggest smile on your face without lowering your cheeks once.
- Stick your tongue out as far as it can go, then back in your mouth as fast as possible.
- Say the alphabet backwards over and over.

### Words

*Repeat words as necessary to fill the time.*

*Only use the discouraging words during the second round of the first challenge.*

#### Encouraging

- You can do this!
- I'm really proud of you!
- Wow! You're doing so well!
- You've got this!
- Keep it up!
- Don't quit!
- You're gonna make it!
- Keep breathing!
- Keep trying!
- Get after it! Come on!
- You're so close to finishing!
- Finish strong!

#### Discouraging

- This is boring.
- Maybe you should quit.
- You probably can't do this anymore.
- Don't you just want to relax already?
- There's no point in doing this at all.
- This really is too hard.
- You've got to be getting so tired.
- Is this ever going to end?
- This is taking forever!
- We should just give up already.
- Why are we even doing this?
- You look like you're suffering. Is it worth it?