

The background features a vibrant, abstract design with various shapes and patterns. At the top, there are teal and orange circles, a dark blue shape with white diagonal lines, and a yellow shape. On the right side, there are green circles and a dark blue shape with white diagonal lines. At the bottom, there are teal and orange circles, a dark blue shape with white diagonal lines, and a yellow shape. The overall color palette includes teal, orange, yellow, dark blue, and green.

IMPACT
at HOME

ACTIVITY CARDS



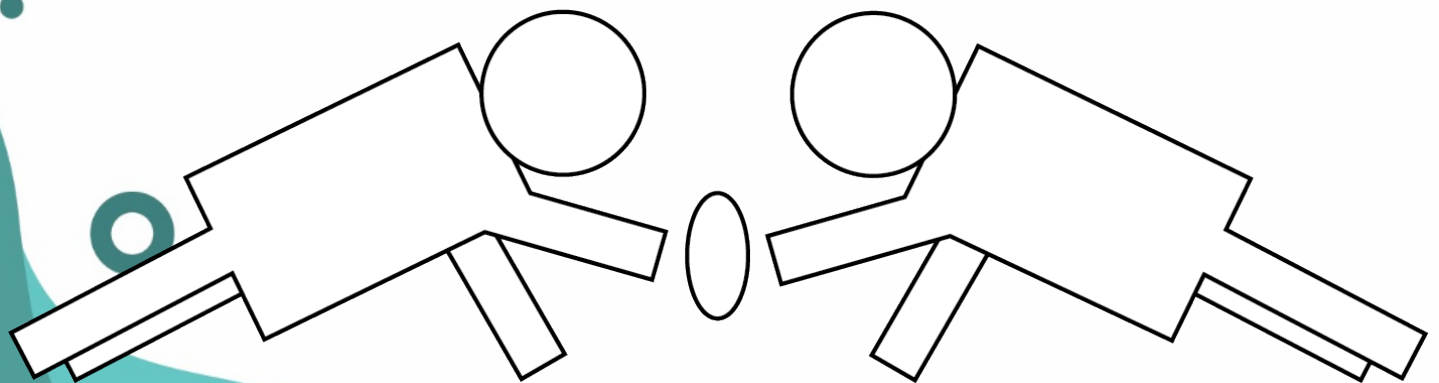
WITH A BUDDY

Finder's Keeper

WITH A BUDDY

INSTRUCTIONS

1. Both partners get into a plank position on forearms or on hands shoulder-width apart. Face each other.
2. Put a small object in between you and your buddy.
3. Count to 5 out loud and whoever can grab the item wins. Repeat 10 times.



The background is a vibrant teal color with various abstract shapes and patterns. There are several overlapping circles and organic, blob-like shapes in different shades of teal. Some areas feature white diagonal hatching or a grid of small white dots. The overall style is modern and playful.

WITH A BUDDY

Bear Crawl Race

WITH A BUDDY

INSTRUCTIONS

1. You and a partner get on all fours next to one another with your hands and feet both shoulder width apart.
2. Crawl by moving your right arm with your left leg, followed by your left arm with your right leg.
3. Crawl as fast as you can to a distance 10 yards away.
4. First person to reach the distance wins!

