

CHOMP CHALLENGES



LOOK + FIND
 Can you find these three things? Red shoe, fence, blue headband



ARE YOU UP FOR THE CHALLENGE?

Take these challenges on, if you dare,
 Beat the clock or add your own flare.
 Test your speed, strength or balance before the time is done,
 Or go head-to-head with a friend ... for even more fun!

WHERE ARE SOME OF YOUR FAVORITE PLACES TO PLAY AND MOVE?



PLAYGROUND



YARD



HOME



SCHOOL



OPEN GYM



CHALLENGE YOURSELF!



SPEED: BALLOON CHALLENGE

How long can you keep one, two or three balloons in the air without letting them hit the ground?
 (No balloons? Use napkins or crumbled tissue paper)

More difficult option: While one balloon is in the air, try doing one or two jumping jacks (or a somersault) before the balloon hits the ground.



STRENGTH: WHEELBARROW PUZZLE CHALLENGE

Set up a puzzle on the ground (or make your own with cardboard or paper). Scatter the pieces around. Hold a friend by their ankles, so they can walk on their hands and collect each piece and fit it into the board until the puzzle is complete.



BALANCE: TALL TREE BALANCE CHALLENGE

Stand tall like a tree, with both arms straight up in the air. See how long you can balance on one foot. Which foot can you balance on the longest?

MASTER THE CHOMP STOMP

Watch and learn The Chomp Stomp dance at:
powerup4kids.org

Then grab your family or a pal and challenge them to a Chomp Stomp dance off!

