



ACTIVE CLASSROOM

ACTIVITY CARDS



20 QUESTIONS (100 REPS)

- Pick an exercise, physical activity, or healthy food. The class gets 20 yes/no questions to gain clues and guess what the exercise, activity, or food is.
- The entire class must do 5 reps of a chosen exercise to earn a question. If the class ends up asking all 20 questions, they will do a total of 100 exercise reps.
- When the exercise, activity, or food is guessed correctly, pick a new leader to think of a new topic.

COURAGE: The ability to do what's right even though you feel fear.

*Corina showed **courage** on the first day of school. She came to class even though she felt nervous.*

