



# ACTIVE CLASSROOM

## ACTIVITY CARDS



### 30-SECOND JUMP ROUTINE

- We're are going to do 3 types of Jumping Jacks: Normal Jumps, Mummy Jumps, and You-Jumps.
- Watch the clock and jump for 30 seconds, and then rest for 15 seconds.
- Pick 1 type of jumping jack and jump for the full 30 seconds. Then rest.
- While you rest, pick a new type of jumping jack. After 15 seconds of rest, jump again.

**EMPOWERMENT:** The process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

*Serra understood that her **empowerment** would help her entire family build healthy habits.*

