**TRICK OR TREAT STATION 1**

Go to a station. Stay in your personal space to complete the JACK-o-lantern activity. [[Activity demo on YouTube](https://youtu.be/OPG7MGvdap8)]

When the music starts, start the activity. When it stops, move to a new station.

|  |  |
| --- | --- |
| Icon  Description automatically generated | **10 Plank Jacks** |

Darebee Video Link: <https://darebee.com/exercises/plank-jacks.html>

**TRICK OR TREAT STATION 2**

Go to a station. Stay in your personal space to complete the JACK-o-lantern activity. [[Activity demo on YouTube](https://youtu.be/OPG7MGvdap8)]

When the music starts, start the activity. When it stops, move to a new station.

|  |  |
| --- | --- |
| Icon  Description automatically generated | **15 March Jacks** |

Darebee Video Link: <https://darebee.com/exercises/march-jacks.html>

**TRICK OR TREAT STATION 3**

Go to a station. Stay in your personal space to complete the JACK-o-lantern activity. [[Activity demo on YouTube](https://youtu.be/OPG7MGvdap8)]

When the music starts, start the activity. When it stops, move to a new station.

|  |  |
| --- | --- |
| Icon  Description automatically generated | **20 Side Jacks** |

Darebee Video Link: <https://darebee.com/exercises/side-jacks.html>

**TRICK OR TREAT STATION 4**

Go to a station. Stay in your personal space to complete the JACK-o-lantern activity. [[Activity demo on YouTube](https://youtu.be/OPG7MGvdap8)]

When the music starts, start the activity. When it stops, move to a new station.

|  |  |
| --- | --- |
| Icon  Description automatically generated | **20 Split Jacks** |

Darebee Video Link: <https://darebee.com/exercises/split-jacks.html>

**TRICK OR TREAT STATION 5**

Go to a station. Stay in your personal space to complete the JACK-o-lantern activity. [[Activity demo on YouTube](https://youtu.be/OPG7MGvdap8)]

When the music starts, start the activity. When it stops, move to a new station.

|  |  |
| --- | --- |
| Icon  Description automatically generated | **20 Half Jacks** |

Darebee Video Link: <https://darebee.com/exercises/half-jacks.html>

**TRICK OR TREAT STATION 6**

Go to a station. Stay in your personal space to complete the JACK-o-lantern activity. [[Activity demo on YouTube](https://youtu.be/OPG7MGvdap8)]

When the music starts, start the activity. When it stops, move to a new station.

|  |  |
| --- | --- |
| Icon  Description automatically generated | **25 Step Jacks** |

Darebee Video Link: <https://darebee.com/exercises/step-jacks.html>