

# KINDNESS CHALLENGE

Watch this activity demo on  YouTube 

## The Goal:

Perform 1 minute of a kindness exercise to remind you to help others, show respect, and live generously.

## What You Need:

St. Jude Heroes Jr. video ([link here](#)), a safe place to move and be active

## How To Play:

- Watch the [St. Jude Heroes Jr. video](#) and hear Jordyn's story.
- Choose 1 of 3 kindness exercises (Paired Sit-Ups, Relay, or Leapfrog).
- Perform your exercise while you follow along to the 1-minute timer in the video.
- When you're finished, mark the St. Jude Kindness Challenge complete on your scorecard.



in support of

