

# BRAVERY CHALLENGE

Watch this activity demo on  YouTube 

## The Goal:

Perform 1 minute of a bravery exercise to remind you to always do your best, even when you're nervous or afraid.

## 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 Kariann's story.
- Choose your favorite exercise from any St. Jude Heroes Challenge.  
The options are: Push-Ups, Power Squats, Crab Walk, Jumping Jacks, Frog Jumps, Fast Feet, Run/Walk, Balance, Hero Planks, Paired Sit-Ups, Relay, or Leapfrog.
- Perform your exercise while following along to the 1-minute timer in the video.
- When finished, mark the St. Jude Bravery Challenge complete on your scorecard.



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