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.