

STRENGTH CHALLENGE

Watch this activity demo on  YouTube 

The Goal:

Perform 1 minute of a strength exercise to become physically and mentally strong. Being strong means you can be positive during hard times, and stand up for others when they need it the most

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 Mason's story.
- Choose 1 of 3 strength exercises (Push-Ups, Power Squats, or Crab Walk).
- Perform your exercise while you follow along to the 1-minute timer in the video.
- When finished, Mark the St. Jude Strength Challenge complete on your scorecard.

St. Jude
Heroes Jr.



in support of



AGILITY CHALLENGE

Watch this activity demo on  YouTube 

The Goal:

Perform 1 minute of an agility exercise to help you learn how to think on your feet, be able to adapt to new situations, and be flexible with change.

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 Gayatri's story.
- Choose 1 of 3 agility exercises (Jumping Jacks, Frog Jumps, or Fast Feet).
- Perform your exercise while you follow along to the 1-minute timer in the video.
- When you're finished, Mark the St. Jude Agility Challenge complete on your scorecard.



in support of



WILLPOWER CHALLENGE

Watch this activity demo on  YouTube 

The Goal:

Perform 1 minute of a willpower exercise to help you focus on what you want and then work hard to make it happen.

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 Mack's story.
- Choose 1 of 3 will power exercises (Run/Walk, Balance, or Hero Planks).
- Perform your exercise while you follow along to the 1-minute timer in the video.
- When you're finished, Mark the St. Jude Willpower Challenge complete on your scorecard.



in support of



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



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.



in support of

