

# gratitude **GAMES**

## **GRATITUDE WREATH ACTIVITY CARD**

<b>1</b>	<b>1 lap run/walk around outside of activity area</b>
<b>2</b>	<b>10 Mountain Climbers</b>
<b>3</b>	<b>10 Ski Jumpers</b>
<b>4</b>	<b>20 Second Plank Hold</b>
<b>5</b>	<b>20 Second Tree Pose</b>
<b>6</b>	<b>10 Jumping Jacks</b>

