**GRATITUDE WREATH**

**ACTIVITY CARD**

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