

*Active*

*Ways  
for*

*30  
Days*



<a href="#"><u>Balloon in a Basket</u></a>	<a href="#"><u>The 1-Minute Beanless Beanbag</u></a>	<a href="#"><u>Laundry Pick UP</u></a>	<a href="#"><u>Toss 12 – At Home Edition</u></a>	<a href="#"><u>Animal Rescue</u></a>	<a href="#"><u>Pool Sharks</u></a>	<a href="#"><u>Pin Up!</u></a>	
<a href="#"><u>The Bounce Challenge</u></a>	<a href="#"><u>Create Your Own Fitness Spinner</u></a>	<a href="#"><u>The Recycled Tower</u></a>	<a href="#"><u>Soccer Bottle Flip Challenge</u></a>	<a href="#"><u>Agility Drills</u></a>	<a href="#"><u>One Cone Soccer</u></a>	<a href="#"><u>Design and create your own jump rope</u></a>	
<a href="#"><u>Pass 11 – Soccer Passing Game</u></a>	<a href="#"><u>\$.25 Challenge</u></a>	<a href="#"><u>Balloon in a Basket – Soccer Style</u></a>	<a href="#"><u>Rollerama Hustle</u></a>	<a href="#"><u>The Grocery Bagger Championship</u></a>	<a href="#"><u>Balloon and a Spoon</u></a>	<a href="#"><u>Super Jacks</u></a>	
<a href="#"><u>Wacky Balloon Timer Challenges</u></a>	<a href="#"><u>Big Spoon Balloon Relay</u></a>	<a href="#"><u>Laundry Slam 21</u></a>	<a href="#"><u>Toys in the Toy Box</u></a>	<a href="#"><u>Design an Obstacle Course</u></a>	<a href="#"><u>Pillow High Jump</u></a>	<a href="#"><u>Reduce, Reuse, Recycle-Rama</u></a>	
<a href="#"><u>Alligator Alley</u></a>	<a href="#"><u>Passing Rubbish</u></a>	<ol style="list-style-type: none"> <li>1. Each day choose at least one activity to complete.</li> <li>2. Click on the name of the activity for a video description.</li> <li>3. If you want to repeat an activity already completed, great! Enjoy what you love.</li> <li>4. How many activities can you complete throughout the next 30 days?</li> </ol>				<a href="#"><u>Keeping Kids in Motion</u></a>	