



BELIEVE

8 AND
OLDER

JANUARY 2024

Color in the image when you complete a task.

WORKOUT A.

Ruck 30 minutes with a grown up.

WORKOUT B. "BELIEVE"

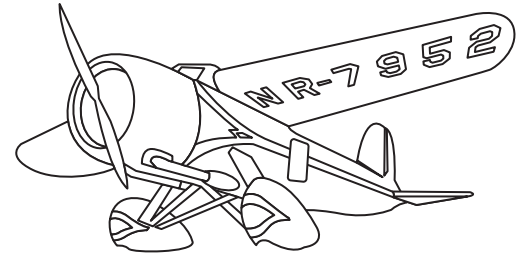
EMOM (Every minute on the minute) for 8 min:

Min 1: Ruck Burpees

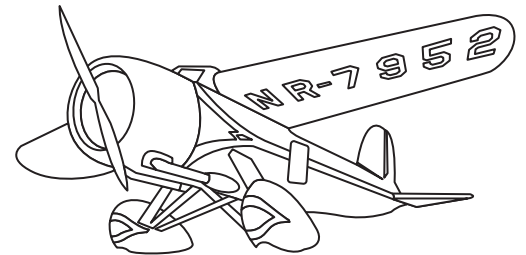
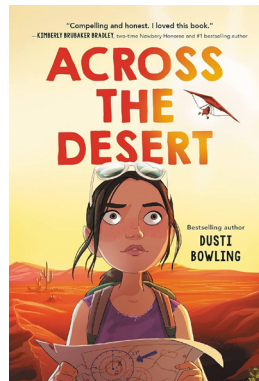
Min 2: Alternate 5 ruck push press, 5 ruck bent over rows

Min 3: Bear crawls

Min 4: Rest



BOOK: ACROSS THE DESERT
By: **DUSTI BOWLING**



CHALLENGE

This month, we challenge Tribe Kids to BELIEVE.

Believe in the possibilities of your own life, and what you can achieve if you make a plan and stick to it. To help you see how powerful belief is, take the time to learn about two inventors or explorers. Gather information on both explorers/ inventors and compare them. What characteristics do they share? How do they approach exploration or discovery differently? Most explorers believe deeply in their mission, so look carefully and see where "belief" is mentioned in their stories. Then, make a plan with your grown up about how you can believe in yourself and build your own confidence.

