



UNPLUG

8 AND
OLDER

MARCH 2024

Color in the image when you complete a task.



WORKOUT A.

Ruck 30 minutes with a grown up; don't take any photos. Don't bring your phone. Just listen to the birds and the wind, I dare you!

WORKOUT B. "UNPLUG"

EMOM for 9 minutes:

Min 1: Ruck burpees with a step back

Min 2: Ruck push press

Min 3: Deep nose breathing



BOOK: UNPLUGGED

By: **Gordon Korman**



CHALLENGE

This month, we challenge our Tribe Kids to UNPLUG. When was the last time you spent an entire 24 hours without a phone, I-pad, TV, computer, or other device? Instead of spending time in the virtual world, or a world where you are not interacting with nature or other humans face to face, take some time with your friends and/or family to get outside! Visit the zoo, the forest, the ocean, a lake, or a park; play a game, a sport, or do something as simple as listening to the birds chirp. If the weather won't allow you to get outside, play a game, read a book, write a story, or draw a picture inside. Take on the challenge and UNPLUG!

