



# COLLABORATE

**8** AND UNDER

**FEBRUARY 2024**

Color in the image when you complete a task.



## WORKOUT A.

Ruck 40 minutes with a grown up and a friend; every 10 minutes stop and do a plank for 1 minute.

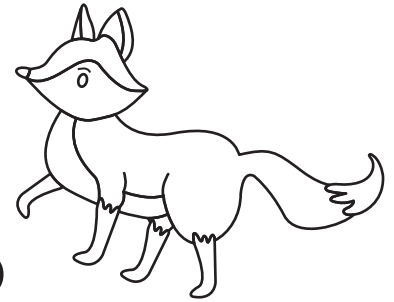
## WORKOUT B. "SWITCH"

AMRAP in 8 min (with a partner):

**Partner 1:** 8 ruck shuttle runs (run forward then backward)

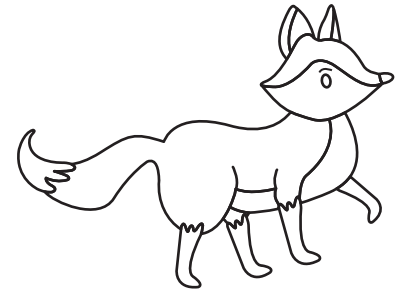
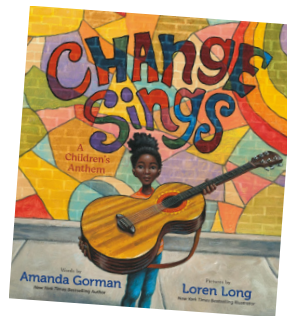
**Partner 2:** Ruck thrusters

\*Partner 1 and 2 do the work at the same time. When partner 1 finishes the shuttle runs, partners switch. Now partner 2 is running while partner 1 does thrusters.



## BOOK: CHANGE SINGS

By: **AMANDA GORMAN AND LOREN LONG**



## CHALLENGE

This month our Tribe Kids theme is COLLABORATE. Two is better than one! Have you been struggling with a project, homework assignment, home project, or some other goal? This month, we encourage you to find a buddy to help you!

Collaboration is when two people (or more) work towards the same goal, offering different perspectives and ideas along the way. Sometimes we struggle to achieve our goals alone because we have run out of strategies. This is where collaboration comes in! Ask a friend or family member to help you get where you want to go. Choose one project or goal you've been working towards in which your progress has stalled. Start brainstorming with your friend or family member on what you can do to move forward! No goal or project is too small. Share the love and joy this month and collaborate!

