



AMAZE

8 AND UNDER

JULY 2024

Color in the image when you complete a task.

WORKOUT A.



Ruck up and down stairs, or up and down a hill, for 30 minutes. Climbing stairs is good training for Mt. Everest. You're on your way to climbing the tallest mountain on Earth!



WORKOUT B. "EVEREST" EMOM for 8-12 minutes

- Min 1: Box step-ups
- Min 2: Flutter kicks
- Min 3: Shuttle runs
- Min 4: Plank pull throughs



BOOK: **Two At the Top: A Shared Dream of Everest**



By: **Uma Krishnaswami and Christopher Corr**



CHALLENGE



This month, we challenge our Tribe Kids to think big, feel inspired, and to dream about what AMAZING things they can accomplish. Age is just a number and if children set big goals, follow a plan and progressively increase their workload, they can do anything! Brainstorm with your grown up and come up with a BIG goal that you'd like to accomplish in the next ten years. Do some research with your grown up on WHAT and HOW you might accomplish that goal. Read stories about kids who have done what you want to do, or blaze a trail and try something new. Any plan can be accomplished with the right training, knowledge, and support. Go ahead, give it a try!

JORDAN ROMERO



GOAL SETTING

