

# Dr. Angie's 2020 Summer Challenge

Name: \_\_\_\_\_

T-shirt Size: \_\_\_\_\_

Complete 55 of these boxes, return by August 15th! To win a t-shirt parent must post to Facebook/Instagram and tag us!

Read 1 book	Dig for worms	20 jumping jacks	Played outside 1 hour	Visit Tamarack Nature Center	Blow bubbles	Eat 1C fresh veggies	Eat asparagus	Play tag or hopscotch	Play an instrument	Visit a state/national park
Play a card game	Visit a museum	Roll down a hill	Visit a petting zoo	Do Cosmic Kids Yoga from YouTube	Wipe the counters	Draw an animal	Plant a vegetable	Build a sand sculpture	Do a scavenger hunt	Pick berries at a farm
20 min exercise	Read a book to someone	Go swimming	Sit by a bonfire	Play a boardgame	Make fresh orange juice	Drink 8 glasses of water	Sculpt something	Make a paper airplane	Camp out	Get adjusted
Make flashlight puppets	Ride your bike	Read 1 book	Trace your body with chalk	Climb a tree	Eat something orange	20 sit ups	Sweep the floor	Jump Rope 100 x's	Read 1 book	Lay in a hammock
Drink 8 glasses of water	Make a fort	Stargaze	Play outside with a parent	Play hop scotch	Take a pic. and post it!	Toss a frisbee	Make a rock garden	Make a how-to video	Dance in the rain	Taste something new
Do your own laundry	Memorize your favorite song	Do the dishes	Howl at the moon	Try a new vegetable	Catch a toad/frog	Swim with friends	Try something new to eat	Make popsicles	Have a picnic	Do a random act of kindness
Make a video	Taste a fresh herb	Make an obstacle course	Go kayaking	Have a dance party	Get adjusted	Eat 1 C fruit	Read 1 book	Try origami	20 push ups	Create a play
50 push ups	Volunteer	30 burpees	Make a bird feeder	Make balloon animals	Clean your room	Write a story	Visit a farmer's market	Visit grand parent(s)	Bike around your neighborhood	Fly a kite
Write a letter & mail it	Plant a tree or flower	Learn a word in a new language	20 min exercise	Find animals in the clouds	Try a new fruit	Cook for the family	Play with a parent for 30 minutes	Learn to spell your name in sign language	Eat something green	20 sit ups