Quiet Course Card

Three stations. Quiet feet. Same loop again. Then rest.

1 Balance

- [ ] Tape tightrope
- [ ] Zigzag tiptoe
- [ ] Sloth walk
- [ ] Walk backwards
- [ ] One leg for 5
- [ ] Our idea: _____

2 Step and crawl

- [ ] Cushion stones
- [ ] Frog jumps
- [ ] Blanket tunnel
- [ ] Turtle crawl
- [ ] Bear walk
- [ ] Our idea: _____

3 Heavy work

- [ ] Push the basket
- [ ] Carry a cushion
- [ ] Wall push
- [ ] Commando crawl
- [ ] Pack up the course
- [ ] Our idea: _____

Cool down den: 3 sleeping bear breaths. Laps: 1 2 3 4 5 6 7