

KID NAME  AGE  PARENT EMAIL

COMPLETE AND TURN IN AT RESILINATOR FOR A CHANCE TO WIN PRIZES!

## GRITTY KIDS LOVE TO SWEAT



“The more you move, the more you’re able to move. In other words, move it or lose it.”

-PAPA

**CHALLENGE:** Build endurance by getting sweaty outside every day. Increase your active minutes each day for seven days, and record minutes below.

# Min	# Min	# Min	# Min	# Min	# Min	# Min
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

What did you discover?

## GRITTY KIDS GET BACK UP



“Setbacks are hard, like when I was diagnosed with Type 1 Diabetes. Managing it has made me stronger. When you face a setback, keep truckin’.”

-BRIELLE

**CHALLENGE:** Ask an adult about a setback or hurdle he/she overcame in life and record below what you learned:

Name:	Their setback:
<input type="text"/>	<input type="text"/>

How did they get back up?

## GRITTY KIDS PUT DIGITAL DOWN



“I gave up digital games for Lent. After the first day it really wasn’t that hard and now I’d rather be outside than in front of screens.”

-ETHAN

Estimate number of hours, besides school, of screen time each day.

**CHALLENGE:** See if you can cut that number in half at least 7 different days. Check 1 box for each day.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## GRITTY KIDS ARE GRATEFUL



“It’s important to show gratitude because you make friends, you will be happy and it’s like the golden rule!”

-ANAMAE

**CHALLENGE:** Think of ways you can show gratitude to at least 3 people. Fill in below.

Name:	How did you say thanks?
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>