

Theme of the Day: **GO**



Home Resources-

Activity 1: Family Walk

Activity Description:

Take your family on a walk. If you have time, go to a local park or nature preserve for you walk. If you don't have a lot of time, simply walk around your neighborhood. You can talk about the beautiful things you see- trees, birds, neighbors, bike riders, etc. Maybe even challenge your family to quick races to get a little more exercise. Make it fun, run backwards, skip race, gallop race, kids can choose to race, etc.

Activity 2: Participate!

Activity Description:

Participate is something active today. There are many things you can choose, individually or as a family. Check the SevenDays website at <http://giveseventdays.org> to find activity ideas. All events are listed by day under the Events tab at the top of the page.

Saturday, April 16 we are hosting a T.A.K.E. Defense Lunch and Punch event for women and girls age 12 and older in self-defense being presented by the Ali Kemp Foundation.

Take a yoga, pilates, or exercise class at your local studio or community center.

At dinner tonight, discuss what you did to "Go" today and how you feel. Decide how you are going to continue to "Go" throughout your life.

Share your photos and experiences @giveseventdays on Facebook, Twitter and Instagram using the hashtag #giveseventdays. To share more detailed events, email info@giveseventdays.org with your school name.