

Sturbridge Recreation Department

WEEKLY CHALLENGES!

April 27- May

MONDAY:

THE FLOOR IS LAVA!

TRY NOT TO TOUCH THE
FLOOR FOR 30 MINUTES. BE
CREATIVE, HOP ON COUCHES,
CHAIRS, PILLOWS OR
WHATEVER YOU CAN FIND.
BE SAFE!



TUESDAY:

MEMORIES!

Paint or write about
your favorite Sturbridge
Memory from this past
year. Was it a fun day at
school, camp, or maybe
a sports game?



THURSDAY:



CALMING THOUGHTS!

Take deep breaths and focus
on your surroundings. Make
a list of this things:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 positive thing about yourself!

WEDNESDAY:

KINDNESS ROCKS!

Find a smooth rock and
use paint, crayons, nail
polish or whatever you'd
like. Decorate the rock
with a message of
kindness and leave it
outside for everyone to
see

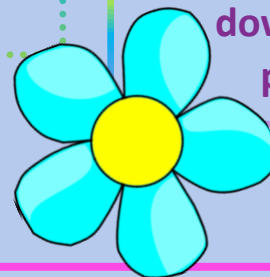


FRIDAY:



**Nature Color
Hunt!**

Go outside and find
one item in nature for
each of the colors of
the rainbow! Collect
what you find, write it
down, or take
pictures!



SUBMIT YOUR WEEKLY ACCOMPLISHMENTS BY EMAILING PHOTOS OR DESCRIPTION TO
RECREATION@STURBRIDGE.GOV

PLEASE BE SURE TO NOTE IF YOU WANT YOUR SUBMISSION SHARED WITH THE COMMUNITY!