# 60 Second Challenge

Air Balloon

## The Physical Challenge

Can you keep the balloon up in the air for 60 seconds?

If the balloon touches the floor you lose a life. The more lives you lose the lower your score.

## #StayHomeStayActive



If you do not have a balloon, use scrunched up tissue paper or a

bag!

#### Achieve Gold

Lose 0 lives

**Achieve Silver** 

Lose 1 life

### Achieve Bronze

Lose 2 lives







Believing in every child's future

Can you keep trying even if you lose a life?