



snackpals

Bouncing Bunny Challenge



Are you ready for Salvador Spinach's bouncing bonanza? The challenge is to complete 15 minutes of jumping activities. Let's get started!

Select as many of the activities below as you'd like to complete in 15 minutes. You can create a circuit to loop through for 15 minutes or plan to do each activity for 3 minutes each!

1

JUMP ROPE

How many jumps can you get in a row?

2

SUPER-SPEED HOPSCOTCH

Keep playing as fast as you can!

3

FROG ROPE

Jump like a frog on your own or over your friend!

4

BOUNCE IN PLACE

How many jumps can you make per minute?

5

HURDLES

Jump over something! A beach ball is a great place to start. What's the tallest thing you can jump over?