



## Live Your Why – Afterschool Edition

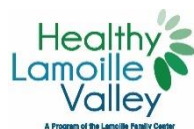
**Create an obstacle course in your home or yard.**



What fun can you create?

Can you place obstacles to move your body differently?

*Pro Tip: Be sure to put everything back when done!*



Looking for other ideas to help plan your afternoon? Visit us at  
[www.healthylamoillevalley.org/liveyourwhy](http://www.healthylamoillevalley.org/liveyourwhy)