



Live Your Why – Afterschool Edition

Play a game of “Jump the River.”

Instructions: Take two pieces of string and measure 1 inch apart. Try to jump over the strings (the river). Keep widening it by 1 inch at a time until you can’t jump it.



Were you surprised by how far you could jump?

What other games could you make up with these strings?



Looking for other ideas to help plan your afternoon? Visit us at
www.healthylamoillevalley.org/liveyourwhy