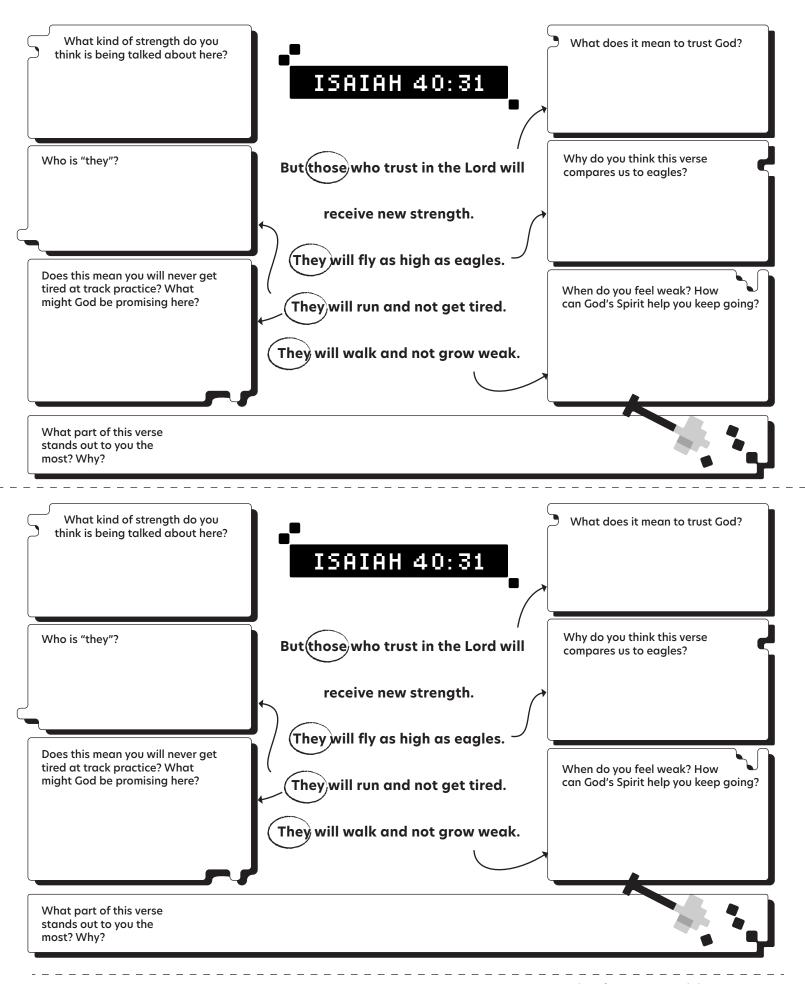
Balance a spoon on your nose.	Name 15 NBA teams in 15 seconds.	Do 10 push-ups in 10 seconds.	Recite the alphabet back- wards.
Hold a plank for a minute.	Touch the ceil- ing. (No jumping off furniture!)	Hop on one foot while spinning in a circle.	List 8 Marvel superheroes in 8 seconds.
Snap your fin- gers 25 times in 10 seconds.	Name all the continents in 8 seconds.	Do the Macare- na dance with- out music.	Balance on one foot with your eyes closed for 30 seconds.
Spell impossible backwards, out loud, without mistakes!	Count back- wards from 50 to 0, in 30 sec- onds!	Draw a star with your non-dominant hand.	Say, "Red Lorry, Yellow Lorry" five times fast!

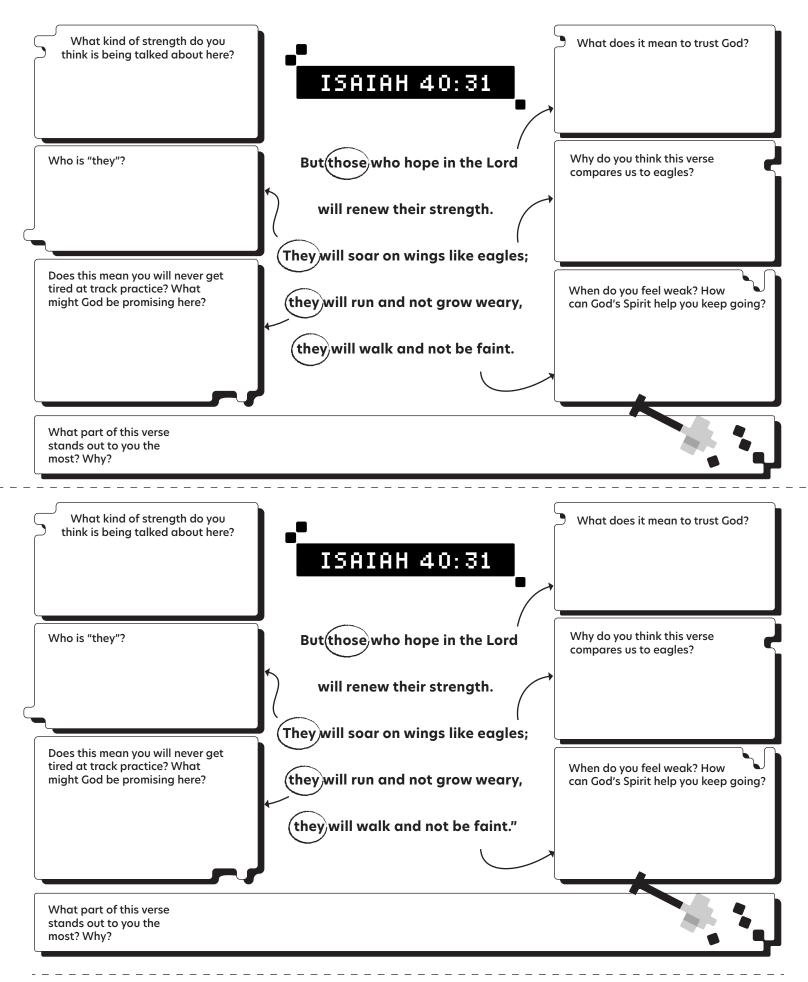


## What to Do:

Print on cardstock and cut apart, one half-sheet for every kid.

## "Mine the Verse" Activity Page, NIrV

November 2025, Week 2, Small Group Preteen © 2025 Amazing Life Foundation, Inc. All rights reserved.



## What to Do: