

Ramadan Day 14

EXERCISE

Let's Get Moving!

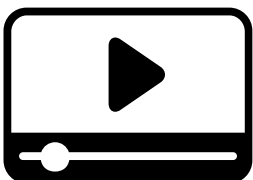
Moving and exercise is so important! We should take care of our body that Allah has blessed us with. Exercise is one way to do that!

Goodness Challenge:

1. ***Grab a dice!***
2. ***Roll the dice***
3. ***Look at the Roll and Exercise Chart***
4. ***Do the exercise that matches with the number you rolled on the dice***
5. ***Record yourself as you exercise!***

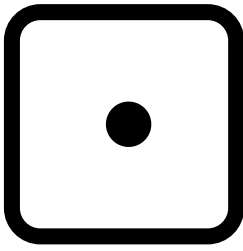
****Parent Tip**** Move with your child! Take turns rolling the dice and exercise together!

Submit your Goodness Challenge:

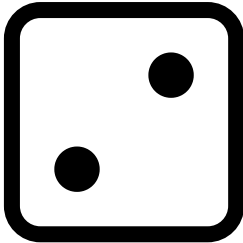


Take a video of you completing the challenge and upload to ***Episode 15*** at [RamadanRoundup.com](https://www.RamadanRoundup.com) to earn your Goodness Challenge Card, and for a chance to be featured as a Challenge Hero on one of our episodes!

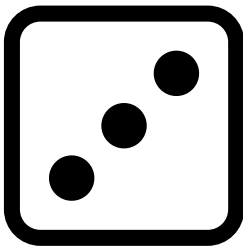
Roll and Exercise



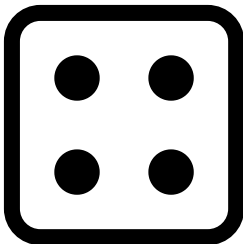
10 jumping jacks



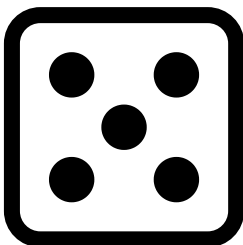
10 push ups



10 crunches



run in place



10 lunges



stretches

