

Session 4: Race Day

Value of the Day: Gratitude

ACTIVITY 1: Gratitude Journal

Time: 10-15 minutes

Materials: Pencil, paper or a journal and a quiet spot

Gratitude List

1. Write down one thing you are grateful for and why
 - a. This could be something that you feel grateful to have or experience every day, or something specifically from today.
2. Share your response out loud.
 - a. *Optional:* Draw a picture of it.
3. Lastly, write down or talk to your partner/guardian about why gratitude is important and how it makes you feel.

Future Habits

4. Try to make this an ongoing habit to practice gratitude and positivity every day: write one thing before bed each night. It can also be a pick-me-up: when you are feeling upset, remember some of the things you have written in your gratitude journal, or try to think of more things to add.



Coach Tip for Parents:

Ask your child: "What made you smile today?" If they're stuck, share one of yours first.

ACTIVITY 2: Physical Skills Challenge

Time: <5 minutes

Materials: A small open space.

Directions:

1. Write down one thing you are grateful for and why
 - a. Push-ups (normal or modified)
 - b. Wall sit
 - c. Plank
 - d. Mountain climbers
 - e. High knees
 - f. Jumping jacks
 - g. Squats
 - h. Burpees

2. For one minute, complete as many reps of the exercise as you can. Or, hold the position of the exercise for as long as you can.

3. Compare this number/time to what you got in Session 2. Remember that progress is not always perfect, so even if you didn't improve, you are getting better through putting in the effort!



ACTIVITY 2: Race (Optional, if possible)

Time: 20-30 minutes

Materials: A track

1. First, warm up. Use the warm up routine from the Run Your City in-person sessions. As a reminder, you can follow the warm-up on [this document](#).
2. Complete a timed race of your choosing! Compare your time to the race from the previous race day this season. You can also choose to try a longer race than last time!

100m = 1 quarter of a lap

200m = half of a lap

300m = 3 quarters of a lap

400m = 1 lap, or 0.25 miles

600m = 1.5 miles

800m = 2 laps, or 0.5 miles



ACTIVITY 3: Stations Level-Up Challenge

Time: 15–20 minutes

Materials: An open space with 3 indicators of 'stations' (can be just anything placed on the floor, like a pillow, a sock, etc.)

Directions: Create three different stations, whether they are indoor or outdoor, using any type of indicator on the ground. Rest for 5 minutes between each station. Each one gets a little harder! Feel free to go through the three stations for another round if you want!

Station 1:

- 10 jumping jacks
- 20 second wall sit
- 5 push-ups (can be modified)

Station 2:

- 20 jumping jacks
- 30 second wall sit
- 8 push-ups

Station 3:

- 30 jumping jacks
- 40 second wall sit
- 10 push-ups

FINISHED!! Great job!

