

Green Band Challenge - age 4+

To earn your green band, complete the following tasks:

1. **Can you name**

- a. 4 green fruits or vegetables
- b. 1 Herb

2. **True or False**

- a. Spinach grows on trees... T / F
- b. All grapes are green..... T / F
- c. Kale is a vegetable..... T / F
- d. Mint is a herb.... T / F

3. **Which Superstar's Super Power are we talking about:**

All day long I will keep you strong
I help digest your food and brighten up your mood
Give me a little squeeze, I help you breathe easy
Let it be known, I'm the best for strong skin and bone
I can help your joints to flow and encourage your hair to grow

4. **Perform the following exercises correctly:**

- a. Swimming Arms
- b. Twist jump
- c. Downward Dog
- d. V step
- e. Yoga Tree

