



Materials: 5 station cards or signs:

1. Stay Calm
2. Work Hard
3. Stay Focused
4. Be Kind and Help Others
5. Never Stop Trying
 - Put small obstacle items (cones, ropes, books, chairs)
 - A small plant or flower at the finish line called “**Growing Stronger**” as an inspiration

How to Play:

1. Divide students into 2 teams.
2. Create a simple relay path with **5 challenge stations**.
3. One child from each team begins and moves through the stations.

Station Activities:

- **Stay Calm:** Walk slowly while balancing a small object without dropping it.
- **Work Hard:** Solve a very easy maths question or complete a quick task.
- **Stay Focused:** Walk carefully through zig-zag cones without touching them.
- **Be Kind:** Say one kind words to friends and help a teammate complete a small challenge together.
- **Never Stop Trying:** If they miss a task, they must try again with a smile [trying again and again maths solution until it is correct]

At the end, the child touches the “**Growing Stronger Plant**” and says loudly: “**Every challenge helps me grow stronger!**”

Then the next teammate starts.

Joyful Ending:

All children stand together around the plant and say: “**Stay calm, work hard, be kind, help others, and never give up — challenges make us stronger!**”