

Money Moves:

Supplies for your obstacle course:

- Money or copies of money. You can place coins and dollar bills on a copier and laminate them.
- Exercise sheets to post up. (There are many choices on the Brilliant Therapy website)
- Tape or push pins to post up your course.

Directions:

Go to each numbered station and look at the exercise posted. Then look at the ground and see how much money is there. Do the exercise at each station according to how much money is on the ground.

For example, if you see a tree pose on the wall at station number 1 and you look down and see a dime, you will know that you have to hold the tree pose for the count of ten. If you see sit ups and a sheet of 6 dollars, then you know that you need to do 6 sit ups.

Have fun moving and counting your money!