

SOCIALLY DISTANCED STATIONS

Your passion is about to pay off and you're going to help save lives!
This is just an example of what your event can look like. **MAKE THE EVENT YOUR OWN!**

YOUR FORMAT:

Each student is assigned to a station with all necessary equipment so they do not need to move around or share equipment.

ACTIVITY IDEAS:



Physical challenges like wall sits, push ups, burpees, etc.



Yoga or meditation



Simon says



Dance



Fundraising station

IDENTIFY EQUIPMENT NEEDED:



Music: Search Spotify for the American Heart Association's channel for playlists. You can even have a student DJ the event!



Station Equipment: Be sure to gather any equipment you may need for your station activities.