

NINJA CHECKLIST



Camouflage Training; invisibility challenges		Adaptability challenge; Find a new way to get to the same places you usually go	
Silent Movement Games/Practice; walking without sound out in the woods		Adaptability challenge; Try saying yes to something you would usually say no to (like playing a new game or trying a new task)	
Balancing Games/Practice; try a pillow, a book, beanbag, doll		Adaptability challenge; Try playing in a room in your house you usually don't use	
Breathing Exercises; practice meditative breathing while walking or sitting for 30 sec. a day for a week		Adaptability challenge; Try a food you think you don't like	
Problem Solving Games/Challenges; try puzzles, riddles, trick boxes		Try to cook the same dish in three different ways	