



3-4-5 LOOK ALIVE

CHALLENGE:

Using 3 VERB YELLOWBALLS, create an obstacle course that has 4 challenges that must be completed in 5 minutes or less.

VERB
It's what you do.

REMEMBER YOUR BALL CODE—TELL YOUR STORY AT
VERBnow.com

© 2005 CDC. All Rights Reserved.



AIR BALL

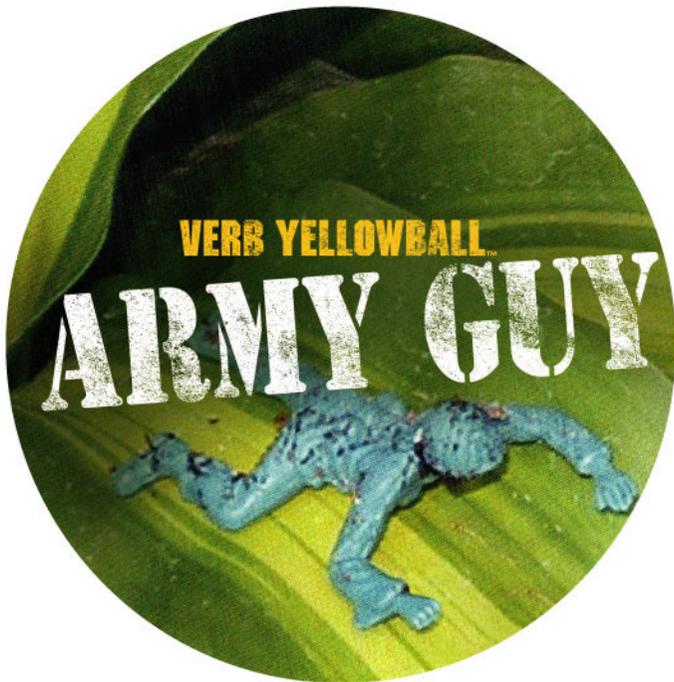
CHALLENGE:

Using only a VERB YELLOWBALL, create a trick while using one of the following: a skateboard, skis, or a snowboard. Remember to wear the appropriate safety gear.

VERB™
It's what you do.

REMEMBER YOUR BALL CODE—TELL YOUR STORY AT
VERBnow.com

Revised 11/11 © 2005 CDC. All Rights Reserved.



ARMY GUY

CHALLENGE:

Using 1 VERB YELLOWBALL, cones and jump ropes create an obstacle challenge where crawling gives you the best shot at completing the course the fastest.

VERB™
It's what you do.

REMEMBER YOUR BALL CODE—TELL YOUR STORY AT
VERBNOW.COM

Per Use Here
© 2005 CDC. All Rights Reserved



CAPTAIN YELLOWBALL

CHALLENGE:

Using 1 soccer ball divide teams into 2 and give each team 1 VERB YELLOWBALL. Play a normal game of soccer, but use the added YELLOWBALL that each team has as an additional way to score. Each team nominates 1 person as Captain YELLOWBALL. Only Captain YELLOWBALL can try and score with their team's YELLOWBALL. Everyone else can only score with the soccer ball.

Revised 11/15
© 2005 CDC. All Rights Reserved.

VERBTM
It's what you do.

REMEMBER YOUR BALL CODE—TELL YOUR STORY AT
VERBnow.com