



SHAMROCK N!

SCAVENGER HUNT



#SOShamrockSeries

Find an item from each color of the rainbow!



Find a fruit or vegetable from each color of the rainbow!

Find something **Green** to wear! Share a selfie if you wish!

Find a snack to eat that's **Green**!

Find something shiny!

Find something lucky or special to you!

Find something **Green** and natural!

Find something outside that is **Green**!

Name an animal that is **Green**!

Find something **Gold**!





Luck O' the Irish



CIRCUIT

#SOShamrockSeries

Shamrock Star Jumps

Jump up while spreading out legs and arms, like a star.



Leprechaun Leaps

Squat then jump up and tap heels together



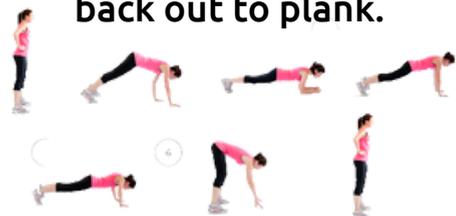
Blarney Burpees

Squat, kick feet back, push-up, return to squat, stand & jump.



Irish Inchworms

Walk hands out to plank, do push-up, return to plank. Jump feet out & in. Walk hands to forward bend & back out to plank.



Kissing Kayaks

Sit in V-Sit, make loose fist. Kiss knuckles to ground on each side
L - R = 1



Lucky Lay Down Push Ups



Lay down on tummy, bend arms back, push up

Teapot Tuck Jumps

Stand, jump up while tucking feet to bottom



Knight Knee Presses

Sit with feet tucked under, push up on arms keeping knees tucked, return to sit



Try each exercise 1 time! Each can be modified if needed!
Want to up your challenge? Try each exercise 7 times, try 7 rounds!



SHAMROCK

SELFCARE



Start on the left side of the shamrock at the *
Trace the shamrock with your finger following the breathing as
written, in - hold - out.

Repeat 3 Times

#SOShamrockSeries