



# Observation Activity

Put a penny in your shoe as a reminder to jump back up.

At the end of the day, how many times during the day did you think about the penny?

Find an object or make a small copy of a picture or symbol that will help remind you to jump back up when things are hard or difficult. Place it somewhere that you will see it everyday. (such as your wallet, school locker, bedroom, etc.)

What is the hardest physical thing you have ever done?

What is the hardest mental thing you have ever done?

Which was harder?