

Chapel Slips

You may make photocopies as needed, or additional copies can be found on the Skate-A-Thon website.

Every Chapel: Starting Wednesday, February 25th through Monday, March 23rd, turn in coupons for activities or goals you've met. Remember to put your name on the back, and bring it to the sanctuary before 8:05 am (or to chapel for Upper School). Slips will be placed in a large basket on the stage before each chapel.

**Activity goals may be duplicated as needed.

**Each child may turn in multiple coupons as activities are achieved.

(Sponsor coupons may only be turned in once, as the goal is met. Example, if you have 2 kiddos that both rode bikes two days in a row, went for a walk, and the child has 5 sponsors- they may each turn 2 bike coupons, 1 walk, and 1- 5 sponsor ticket. You cannot turn in the 5 sponsor ticket again.)

Walked 20 minutes
with my family

Did another physical activity for 30
minutes or more. What was it?

Played outside for at least 45
minutes

Wrote a letter to friends and family
asking for sponsors.

(Letters can be mailed, emailed, or sent through messenger.)

Jogged or jumped rope for
15 minutes

Created a video for friends and
family asking for sponsors.
(one time ticket)

Rode bicycles for 20 minutes
with my family

Have 5 sponsors
(one time ticket)

Played a sport for at least
30 minutes

Have 10 sponsors
(one time ticket)

Walked 20 minutes
with my family

Played outside for at least 45
minutes

Walked 20 minutes
with my family

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minutes

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minutes

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minutes

Walked 20 minutes
with my family

Played outside for at least 45
minutes

Jogged or jumped rope for
15 minutes

Rode bicycles for 20 minutes
with my family

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Played a sport for at least
30 minutes

Did another physical activity for 30
minutes or more. What was it?

Played a sport for at least
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