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**30 DAY JUSTICE DRAWING CHALLENGE**

DAY 1: HUNGER [www.bread.org](http://www.bread.org)

DAY 2: NO WATER *YouTube "Luke Thompson - Water"*

DAY 3: NO SHOES [www.toms.com/our-movement/](http://www.toms.com/our-movement/)

DAY 4: EXTREME POVERTY [www.onedayswages.org/](http://www.onedayswages.org/)

DAY 5: GENEROSITY

DAY 6: SLAVERY [www.notforsalecampaign.org](http://www.notforsalecampaign.org)

DAY 7: EXPLOITATION OF COFFEE FARMERS [www.blackgoldmovie.com](http://www.blackgoldmovie.com)

DAY 8: SLAVE CHOCOLATE *YouTube "Chocolate- Not So Sweet Afterall"*

DAY 9: SWEATSHOPS [www.dosomething.org/tipsandtools/11-facts-about-sweatshops/](http://www.dosomething.org/tipsandtools/11-facts-about-sweatshops/)

DAY 10: JUSTICE

DAY 11: REFUGEES [www.refugeesinternational.org](http://www.refugeesinternational.org)

DAY 12: REFUGEE CAMPS *Google "refugee camps"*

DAY 13: CHILD SOLDIERS [www.google.com/videohp](http://www.google.com/videohp) (search for "Invisible Children")

DAY 14: GENOCIDE [www.genocideintervention.net](http://www.genocideintervention.net)

DAY 15: RESTORATION

DAY 16: HUMAN TRAFFICKING [www.ijn.org/our-work/injustice-today/](http://www.ijn.org/our-work/injustice-today/)

DAY 17: GENDER INJUSTICE [www.mediastorm.com/publication/undesired](http://www.mediastorm.com/publication/undesired)

DAY 18: CHILDREN AT RISK [www.ucacentre.org](http://www.ucacentre.org)

DAY 19: HIV/AIDS <http://tiny.cc/tcamj>

DAY 20: FEMALE GENITAL MUTILATION <http://tiny.cc/odawp>

DAY 21: JUSTICE

DAY 22: DIARRHEA [www.who.int/water\\_sanitation\\_health/diseases/diarrhoea/en](http://www.who.int/water_sanitation_health/diseases/diarrhoea/en)

DAY 23: MALARIA [www.malariamore.org](http://www.malariamore.org)

DAY 24: CLEAN WATER [www.charitywater.org](http://www.charitywater.org)

DAY 25: RAPE [www.rainn.org/statistics/](http://www.rainn.org/statistics/)

DAY 26: LACK OF EDUCATION FOR GIRLS *YouTube "The Girl Effect"*

DAY 27: INJUSTICE

DAY 28: COMPASSION FATIGUE *YouTube "Jenny & Tyler- Faint Not"*

DAY 29: AWARENESS

DAY 30: YOUR NEXT STEP





# BINGO 30 DAY CHALLENGE

<b>Early Riser!</b> Take a 6:00 am class	<b>Stay Put!</b> Take Align&Flow	<b>Spread Your Wings!</b> Try an instructor you've never taken class with	<b>Power Up!</b> Take a Power Class	<b>Mad Props!</b> Use block or strap for an entire class
<b>15th Class!</b> Halfway there	<b>Salute the Sun!</b> Start your day with 5 sun salutations	<b>Expand your Practice!</b> Register for a Workshop	<b>Spread the Love!</b> Express your gratitude to someone	<b>Double Up!</b> Take 2 classes in one day
<b>Home Bound!</b> Practice at home for 5 sessions	<b>Blend It!</b> Make or buy a green smoothie	<b>30th Class!!!</b> You're a Rockstar	<b>Speak Your Truth!</b> Review us on Yelp	<b>Slow Down!</b> Take Yin or Restore
<b>Explore!</b> Take a 15 min walk outside	<b>Expand Our Community!</b> Bring a friend for FREE	<b>Plan Ahead!</b> Sign up for 5 classes online or on app	<b>Challenge Yourself!</b> Try a new pose	<b>Be Brave!</b> Introduce yourself to a classmate
<b>Nourish Your Body!</b> Eat no processed foods for one entire day	<b>Get Your Zen On!</b> Meditate for 10 minutes	<b>Strike a Pose!</b> Post a yoga pose on social media and tag us!	<b>Show Love!</b> Show an act of kindness	<b>Show Us Your Soul!</b> Where did you put your sticker?

RULES: COMPLETE 25 DAYS OF YOGA AT KORSI YOGA AND BE ENTERED INTO THE FINAL RAFFLE. BINGO STARTS 4/1/2015. CHALLENGE ENDS 4/30/2016

Firm up, perk up and feel great!

## 30 DAY SQUAT CHALLENGE

DAY 1 5 squats - repeat 3 times - total: 15  
 DAY 2 7 squats - repeat 3 times - total: 21  
 DAY 3 9 squats - repeat 3 times - total: 27  
 DAY 4 11 squats - repeat 3 times - total: 33  
 DAY 5 Rest day!

DAY 6 13 squats - repeat 3 times - total: 39  
 DAY 7 15 squats - repeat 3 times - total: 45  
 DAY 8 17 squats - repeat 3 times - total: 51  
 DAY 9 19 squats - repeat 3 times - total: 57  
 DAY 10 Rest day!

DAY 11 21 squats - repeat 3 times - total: 63  
 DAY 12 23 squats - repeat 3 times - total: 69  
 DAY 13 25 squats - repeat 3 times - total: 75  
 DAY 14 27 squats - repeat 3 times - total: 81  
 DAY 15 Rest day!

DAY 16 29 squats - repeat 3 times - total: 87  
 DAY 17 31 squats - repeat 3 times - total: 93  
 DAY 18 33 squats - repeat 3 times - total: 99  
 DAY 19 35 squats - repeat 3 times - total: 105  
 DAY 20 Rest day!

DAY 21 37 squats - repeat 3 times - total: 111  
 DAY 22 39 squats - repeat 3 times - total: 117  
 DAY 23 41 squats - repeat 3 times - total: 123  
 DAY 24 43 squats - repeat 3 times - total: 129  
 DAY 25 Rest day!

DAY 26 45 squats - repeat 3 times - total: 135  
 DAY 27 47 squats - repeat 3 times - total: 141  
 DAY 28 49 squats - repeat 3 times - total: 147  
 DAY 29 51 squats - repeat 3 times - total: 153  
 DAY 30 YOU DID IT!

VISIT [HAPPYHEALTHYMOTIVATED.COM](http://HAPPYHEALTHYMOTIVATED.COM) FOR MORE FITNESS CHALLENGES



# All The Right Movies

## 30 DAY MOVIE CHALLENGE

- DAY 01 - A Movie That Reminds You Of Your Childhood.
- DAY 02 - Movie With The Best Opening Scene.
- DAY 03 - Favourite Movie Pre - 1970.
- DAY 04 - First Movie You Saw At The Cinema.
- DAY 05 - A Movie You Wished You Had Seen On Opening Night.
- DAY 06 - A Movie You've Seen More Times Than Any Other.
- DAY 07 - A Movie You Can Quote Every Line
- DAY 08 - Favourite Sports Movie.
- DAY 09 - Movie With The Best Car Chase.
- DAY 10 - Movie That Scared You The Most.
- DAY 11 - Movie With The Best Soundtrack.
- DAY 12 - Best Film To Watch On A Flight.
- DAY 13 - A Movie That's Better Than The Book It's Adapted From.
- DAY 14 - A Movie You Love That Everyone Dislikes.
- DAY 15 - A Movie You Don't Like That Everyone Loves.
- DAY 16 - Best Movie From A Franchise.
- DAY 17 - Movie With The Greatest Villain.
- DAY 18 - Movie With Your Favourite Ending.
- DAY 19 - A Movie With Your Favourite Character.
- DAY 20 - A Great Movie You'll Never Watch Again.
- DAY 21 - A Movie That Makes You Cry.
- DAY 22 - A Movie By Your Favourite Director.
- DAY 23 - A Movie Starring Your Favourite Actor/Actress.
- DAY 24 - Favourite Animated Movie.
- DAY 25 - A Movie You Would Recommend To Anyone.
- DAY 26 - A Movie With The Best Plot Twist.
- DAY 27 - A Movie With Your Favourite Line.
- DAY 28 - Best Movie From A Genre You Usually Don't Like.
- DAY 29 - A Movie You Haven't Seen Yet But Really Want To.
- DAY 30 - Your Go To Movie For A Pick Me Up.



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2022-3-1 · 2.3 Challenges to Spain's Supremacy; 2.4 New Worlds in the Americas: Labor, Commerce, and the ... Figure 22.1 This poster advertises a minstrel show wherein an actor playing Theodore Roosevelt reenacts his leadership of the Rough Riders in the Spanish-American War and illustrates the American public's ... Dec 30, 2014 Location: Houston ... The Boy Who Harnessed the Wind by William Kamkwamba exemplifies perseverance and service to one's community. This lesson plan includes two ... The JCI Ten Outstanding Young Persons of the World (JCI TOYP) program honors ten outstanding young people under the age of 40 each year. These individuals exemplify the spirit of the JCI Mission, and they serve as stellar examples ... 2 天前 · PosterMyWall simplifies graphic design for marketers and businesses. Easily create stunning promotional flyers, posters, social media graphics and videos in minutes by customizing our templates in minutes. Anyone can do it, no design skills needed! High quality downloads. Liberal Arts in Action. Prepare to be pulled in. Get ready to go places. Anticipate enlightenment. Meet Connections. Connections is Connecticut College's reinvention of liberal arts education—a new kind of curriculum that lets you integrate your interests into a meaningful educational pathway to carry you through college and into a fulfilling, effective career and life. 2022-3-19 · The Autism Society Philippines (ASP) is a national, non-profit organization dedicated to the well-being of persons with autism spectrum disorder. The ASP has been in the forefront of providing services to families affected with autism. The Global Pharma & Drug Delivery Summit 2022 would like to welcome all the pharmaceutical professionals and companies, students, researchers, scientists, practitioners, medical specialists, clinical scientists, technologists, and other healthcare professionals to participate and speak at our prestigious Pharmaceutical Summit 2022 slated on August 22-24, 2022 in Frankfurt, Germany. The Enlightenment Salon Introduction. Enlightenment worksheet packet During the 1700's, Enlightenment ideas spread across Europe and the Atlantic to the Americas. docx: The French Revolution Us History Review Worksheets - K12 Workbook. 99. Today I'll introduce you to something fascinating. Day 5: 10 Enlightenment Poster Project. The purpose of the School of Thought is to help us question all schools of thought. We are a non profit dedicated to promoting critical thinking, reason and understanding by providing free Creative Commons educational materials using world's best practice design and code. 2011-7-26 · Now that we are well into the new Millennium society has begun to recognize serious concerns with issues that kids have to deal with today. Some issues have always been there but are now coming to the eyes of the public to find solutions. Other issues are new trends as society begins to adapt to a faster pace of life. Below are the top 10 issues facing our youth today.

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