

# Chapel Slips

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

**Every Chapel:** Starting Monday, February 24th through Monday, March 24th, 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

Played outside for at least 45  
minutes

Walked 20 minutes  
with my family

Played outside for at least 45  
minutes

Walked 20 minutes  
with my family

Played outside for at least 45  
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

Jogged or jumped rope for  
15 minutes

Rode bicycles for 20 minutes  
with my family

Jogged or jumped rope for  
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with my family

Jogged or jumped rope for  
15 minutes

Rode bicycles for 20 minutes  
with my family

Played a sport for at least  
30 minutes

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

\_\_\_\_\_

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