



DISTRACTION IN ACTION ACTIVITY SUPPLEMENT SPIRITUAL DISCIPLINES // WEEK 2

Tickle yourself.

Laugh.

Play air guitar.

Turn around once.

Stand up.

Act like a pig.

Close your eyes.

Lick your elbow.

Flop like a fish.

Sneeze with your eyes open.

Clap.

Wink at your neighbor.

Raise one eyebrow.

Dance.

Jump up and down.

Do two push-ups.

Wiggle your ears.

Stand on one foot.

Touch your tongue to your nose.

Roll like a log.

Wiggle your nose.

Wave your arms in the air.

Bite your lip.

Pretend you're a baby.

Touch your toes.

Put your nose on your knee.

High five someone.

Rub your stomach.

Turn into a tiny ball.

Knock on the floor.

Make up a handshake.

Cry.

Wink 10 times.

Lie on your stomach.

Kneel.

Smell your armpit.

Wiggle your fingers.

Act like a dog.

Pretend to lift 100 pounds.

Do five jumping jacks.

Smile.

Act like a T-Rex.

Pretend to swim.

Smell your feet.

Hop on one foot.

Spin around while sitting down.

Act like a cat.

Say the alphabet backwards.