



adventure  
running

## Spring 2020 SOGO@HOME Adventure

We at SOGO Adventure running know this is a challenging time, and we want you to know that we are here to support you while you keep moving and exploring from the comforts of your own homes! Coaches Chandra and Bridie will be delivering weekly activities and challenges to keep you and your families moving, adventuring and exploring. This is a new type of adventure for all of us, so bear with us while we work through this new method of programming and delivery.

This season our theme is Woodland ABC's and 123's! We will include printables where appropriate.

We will provide a weekly printable journal page. This journal page will give you a fun way to log your adventures and keep track of your activities. This is as simple as printing our journal pages and keeping them in a binder, but feel free to get even more creative and make full scrapbook with your own drawings and photos!

Each week the journal page will have a letter of the week, a gross motor activity to get your family up and moving, and a fine motor activity to build and strengthen those hand muscles as well as build on hand-eye coordination. Some weeks will include a secondary activity that might include a craft or other building materials. We will give you at least 1 weeks notice of any additional supplies you may want to aid in these activities, although we will limit this to items that are common and most parents have in their craft and baking supplies already.

Please feel free to contact us via email with any questions you might have regarding our lessons.

We are excited to hear all about your SOGO@Home adventures, make sure to share your progress on our [facebook page](#).

Have a great Adventure  
Coaches Bridie and Chandra  
SOGO Squirts | SOGO Adventure Running

[www.sogoadventurerunning.com](http://www.sogoadventurerunning.com) | [facebook.com/sogoadventurerunning](https://facebook.com/sogoadventurerunning)  
[instagram.com/sogoadventurerunning](https://instagram.com/sogoadventurerunning) | [twitter.com/SOGOAdvRunning](https://twitter.com/SOGOAdvRunning)

Going for it - Keeping it fun - Playing fair - Staying Healthy - Respecting others  
Respecting nature - Being inclusive - Giving back - Getting muddy