



Station 4: Leaps and Bounds

MOVE


- Jump (carefully!) from log to log.

DISCUSS

- What does it mean to take a risk?
- How does it feel to take a risk?
- Give an example of taking a good risk.
- Give an example of a bad or dangerous risk.

TAKE ACTION

- [Addiction and Substance Abuse Resources](#)
- [Teens and Risk Taking](#)



Heart of New Ulm
Supporting a culture of wellness

Welcome to a new way to explore our community!

Move This Way provides an opportunity to be active, talk, think and learn about topics related to your physical, mental and social well-being.

Engage in a fun, physical activity at each station and then use the questions to spark discussion. Use the additional resources to take action or learn more.

