

Mom's Advice: Be honest.
Action: Take all your steps heel-to-toe.

Mom's Advice: Share
and be generous.
Action: Crabwalk.

Mom's Advice: Be kind.
Action: Skip.

Mom's Advice: Be a good listener.
Action: Walk backwards.

Mom's Advice: Serve others.
Action: March.

Mom's Advice: Do your best.
Action: Hop.

Mom's Advice: Always love others.
Action: Hug someone while you walk the
entire course.

Mom's Advice: Be thankful
for what you have.
Action: Do jumping jacks
across the entire course.

Mom's Advice: Trust God.
Action: Crawl.

Mom's Advice: Put others
before yourself.
Action: Stand behind someone
and hold the person's shoulders;
walk together.

Mom's Advice: Be a good friend.
Action: Link arms with someone
and walk the entire course together.

Mom's Advice: Think before you speak.
Action: Close your eyes and have
someone guide you.