

MINDFULNESS MAY



						1 Find your favorite baseball movie. Watch it! 	2 Download a Royals coloring sheet. Spend 15 minutes just coloring.
3 Create your ultimate All - Star Royals line up	4 Make some baseball themed Rice Krispie Treats	5 Challenge a friend to create the best Royals outfit 	6 Check in on your favorite baseball game buddy	7 Practice some Yoga alongside Sluggerrr	8 Share your favorite Royals Memory with a friend!	9 Choose your 2020 Walk Up Song 	
10 Missing ballpark food? Make your own helmet nachos! 	11 Head to @royalscharities on Instagram to scroll through some wholesome content!	12 Challenge yourself to spend the average length of an MLB game off of screens. That's 3 hours, 5 minutes, and 35 seconds!	13 Download and complete a Royals word search	14 Enjoy a hot dog and debate whether a hot dog is a sandwich or not! 	15 7th Inning Stretch(es)- Do 7 stretches at home!	16 Adalberto Mondesi can make it to first base in 4.07 seconds — that's 15.1 miles per hour! Can you beat that?	
17  Practice your favorite Sluggerrr move.	18 Check out Sluggerrr on Tik Tok for some laughs	19 Schedule a family and friends Zoom call and download a Royals background	20 Make your own baseball card	21 Practice your Big League Basics with videos from Royals coaching staff! Check out: youtube.com/royals	22 Find your favorite baseball book. Read it! 	23 Family Sing- a- long: Perfect your family's rendition of Take Me Out to The Ballgame	
24 Memorize all the mascots names? Challenge your friends.	25 Run the bases like you hit a homer! If you want a challenge, MLB regulation is 90 ft times 4 times or set up your own bases!	26 Complete our very own Royals meditation.	27 Can you name all 30 MLB teams and their divisions? 	28 Want a taste of the ballpark? Make your own ballpark pretzels!	29 Draw The K on your sidewalk with chalk - Don't forget the fountains.	30  Mustard, Relish or Ketchup - host your own Hot Dog Derby Race	
31 Practice your bat flip.							

