



Field Day/Spirit Day 2020



LIMBO

Saint Vincent dePaul Student Council

Type of Activity: Family

Equipment Needed:

- ★ Use a broom or long stick or a long bath towel

Directions:

Two people facing each other and hold the broom stick or towel (rolled like a stick) hold the stick level starting at your shoulders, have family member duck under the stick. Then lower the stick each time the members complete that level. Lower the stick about 6" each time.

Video Link: