**Cardinal Mission**

Your mission, should you choose to accept it is to exit headquarters as quiet as mice and ***shuffle***NORTH until you reach a sign that reads, “exit”. Here search WEST for your hidden code word clue.

Now we must get low to the ground. ***Crabwalk*** past the exit in a NORTH direction. Once through the doors turn WEST and proceed down the corridor until you reach the control table. Here complete ***10 push-ups*** and then search high and low for your next code word clue.

Now ***skip*** EAST until you reach the zone that contains lost soles (shoe soles that is). Search the SOUTH side of the corridor for your next code word clue.

Continue your mission EAST until you reach the corridor intersection (where they meet). At this intersection turn NORTH and ***bunny-hop*** until you reach something that can make you taller on the EAST side of the corridor. Here complete ***10 jumping jacks*** and then search for your next code word clue.

Continue on in a NORTH direction doing a***high knee run***until you come to a sign that reads “exit”. Here turn WEST and ***army crawl*** until you see the refuelling station. (Feel free to refuel yourselves while at this station). Here search for your next code word clue.

Now ***frog leap*** WEST towards the room where music can sometimes be heard. DO NOT ENTER-it is not safe. Complete ***10*** ***sit-ups*** and then search the SOUTH wall outside of this room for your final code word clue.

\*HINT: Remember NORTH is the direction of the whiteboard in headquarters.