



A Do 10 jumping jacks

H Pick up a pencil without using your hands

O Roll a ball using only your head

V Pretend to jump rope for a count of 20

B Do a cartwheel

I Walk backwards 10 steps and skip back

P Flap your arms like a bird 15 times

W March like a robot for a count of 12

C Quack like a duck 3 times

J Walk sideways 20 steps and hop back

Q Pretend to gallop on a horse for a count of 20

X Balance on your left foot for a count of 10

D Run to the nearest door & run back

K Hop like a frog

R Try to touch the sky for a count of 15

Y Touch your nose for a count of 20

E Hop on your right foot 5 times

L Walk like a bear and count to 10

S Walk on your knees for a count of 10

Z Do your favorite dance for a count of 10

F Spin around in a circle 3 times

M Bend down and touch your toes 10 times

T Do 5 push ups

G Jump up and down 10 times

N Pretend to pedal a bike using your hands and count to 20

U Roll on the floor 3 times