

SPELL YOUR NAME

Activity for KIDS

A Chomp your arms 10 TIMES like an ALLIGATOR

B Bounce up and down 15 times

C CLAP your hands above your head 10 times

D DANCE around like a Monkey for 2 minutes

E Pretend you are an ELEPHANT for 20 seconds

F FLAP your arms like a bird 20 times

G GALLOP like a horse for a minute

H HOP like a bunny 20 times

I 10 Jumping Jacks and high as possible

J JUMP on one foot for the count of 10 then switch feet and jump 10 more times

K 10 Side KICKS on each leg

L Squat down and JUMP up high 10 times

M Shake your HIPS side to side for the count of 15

N 10 TOE touches

O Pretend you are an OCTOPUS and swing your arms around for 5 seconds

P 15 AIR Punches

Q Stretch up high to the sky and then touch the floor 10 times

R Jump Like a FROG 10 times

S Skip for 20 seconds

T Go up on your tip toes and back down 10 times

U 20 Elbow to your Knee touches

V Put your hands on your hips and twist left to right 10 times

W WIGGLE all over for 10 seconds

X MARCH like a soldier for 30 Seconds

Y Kick back like a DONKEY 10 times on each leg

Z Jump with your feet together 10 jumps forward