What's Your hane?

Spell out your full name and complete the activity listed for each letter.

For a greater challenge, include your middle name and do each one twice!

For variety, you can use a favourite character's name or a family member's name.



Spin around in a circle 5 times

Hop on one foot 5 times

Run to the nearest door and run back

Walk like a bear for a count of 5

Do 3 cartwheels

Do 10 jumping jacks

Hop like a frog 8 times

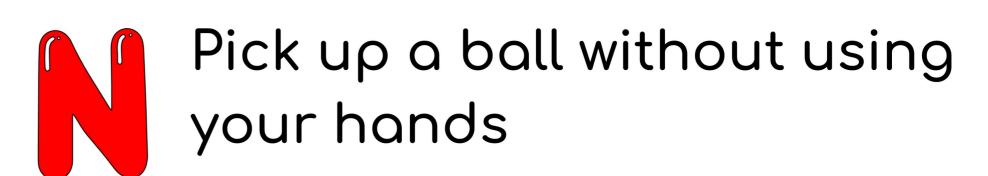
Balance on your left foot for a count of 10

Balance on your right foot for a count of 10

March like a toy soldier for a count of 12

Pretend to jump rope for a count of 20

Do 3 somersaults



Walk backwards 50 steps and skip back

Walk sideways 20 steps and hop back

Crawl like a crab for a count of 10

Walk like a penguin for a count of 5

Bend down and touch your toes 20 times

Pretend to pedal a bike with your hands for a count of 17

Roll a ball using only your head

Flap your arms like a bird 25 times

Pretend to ride a horse for a count of 15

Try and touch the clouds for a count of 15

Walk on your knees for a count of 10

Do 10 push-ups