

# What's your name?

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.

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| <b>A</b> | Jump up & down 10 times                      | <b>N</b> | Pick up a ball without using your hands                   |
| <b>B</b> | Spin around in a circle 5 times              | <b>O</b> | Walk backwards 50 steps and skip back                     |
| <b>C</b> | Hop on one foot 5 times                      | <b>P</b> | Walk sideways 20 steps and hop back                       |
| <b>D</b> | Run to the nearest door and run back         | <b>Q</b> | Crawl like a crab for a count of 10                       |
| <b>E</b> | Walk like a bear for a count of 5            | <b>R</b> | Walk like a penguin for a count of 5                      |
| <b>F</b> | Do 3 cartwheels                              | <b>S</b> | Bend down and touch your toes 20 times                    |
| <b>G</b> | Do 10 jumping jacks                          | <b>T</b> | Pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> | Hop like a frog 8 times                      | <b>U</b> | Roll a ball using only your head                          |
| <b>I</b> | Balance on your left foot for a count of 10  | <b>V</b> | Flap your arms like a bird 25 times                       |
| <b>J</b> | Balance on your right foot for a count of 10 | <b>W</b> | Pretend to ride a horse for a count of 15                 |
| <b>K</b> | March like a toy soldier for a count of 12   | <b>X</b> | Try and touch the clouds for a count of 15                |
| <b>L</b> | Pretend to jump rope for a count of 20       | <b>Y</b> | Walk on your knees for a count of 10                      |
| <b>M</b> | Do 3 somersaults                             | <b>Z</b> | Do 10 push-ups  |