



12 Days of Movement Challenge

Get ready for 12 days of fun, energy, and winter-themed movement!
Each daily task is designed to help kids jump, stretch, balance, and play their way!

Snowflake Stretching

Reach up high, stretch wide, and make your body into different snowflake shapes.

Reindeer Run

Run in place for 20 seconds like a fast reindeer pulling Santa's sleigh!

Penguin Waddle Walk

Waddle across the room like a penguin—no falling over!

Elf Balance Challenge

Balance on one foot for 10 seconds... switch and try the other foot!

Snowball Toss

Crumple used paper into "snowballs" and toss them into a laundry basket.

Candy Cane Crawl

Crawl on hands and knees around a circle or across the room.

Gingerbread Jumping Jacks

Do 10 jumping jacks—stay light and bouncy like a gingerbread cookie!

Sleigh Pull Strength

Pretend you're pulling a heavy sleigh—engage your muscles and walk slowly forward.

Ice Skater Slides

Slide side-to-side like you're skating on ice (use socks on smooth floors for fun!).

Frosty Freeze Dance

Dance to your favorite holiday music—freeze when the music stops!

Ornament Lift & Reach

Pretend to pick up ornaments low on the ground and place them high on a tree—repeat 10 times.

Santa's Super Stretch

Big stretch, deep breath, arms wide—end with your biggest "ho, ho, ho!"

