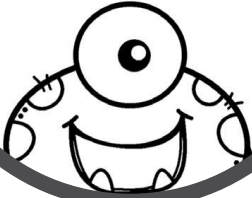


Monster

Act like a scary monster!



March

March on the spot.



Skippy

Pretend you're skipping.



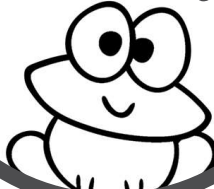
Draw

Doodle on a piece of paper for 1 minute.



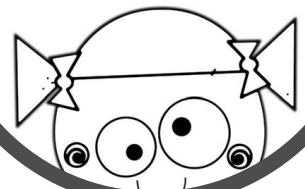
Froggy

Hop around like a frog.



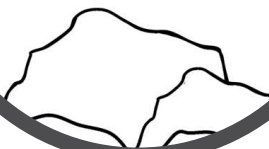
Funny

Do a funny dance.



Climb

Pretend you're climbing a mountain.



Baby

Pretend you're a baby!



Moon Walk

Moonwalk around the room.



Sport

Pretend you're playing a sport.



Squats

Do 10 squats!



Simon Says

Play Simon Says for 1 minute.



Yoga 4

Do cat cow pose.



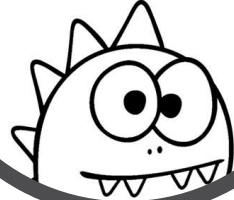
Yoga 5

Get into happy baby pose.



Dino

Stomp around like a dinosaur.



Count

Count backward from the highest number you know.



Super Hero

Fly like a superhero.



Invisible

Draw an invisible picture in the air. Have a partner guess what it is.



Stretch

Stretch out your body.



Tip Toe

Tip toe around the room as quietly as you can.



Theme Park

Pretend you're riding a rollercoaster.



Mirror

Find a partner and mirror their actions.



Name

Write your name as many times as you can in a minute.



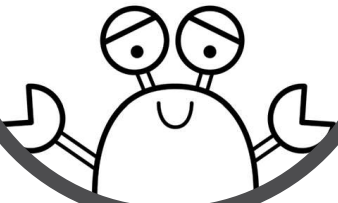
Band

Pretend you're playing an instrument (silently).



Crab

Walk like a
crab!



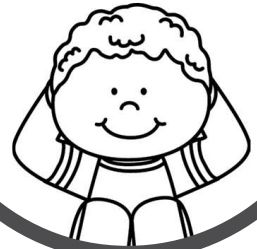
Line Up

Line up from
shortest to
tallest.



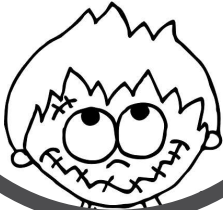
Sit Ups

Do 10 sit ups.



Zombie

Walk around the
room like a zombie.



Fairy

Fly like a
fairy!



Surf's Up

Pretend to ride
a surfboard.



Silent Song

Sing your favorite
song silently.



Snakes

Pretend your
arms are
slithering snakes.



Dance

Dance around the
room for 1 minute.



Yoga 1

Get into plank
pose.



Yoga 2

Get into
downward dog.



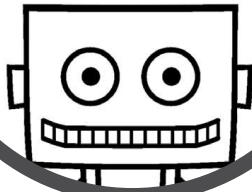
Yoga 3

Get into boat
pose.



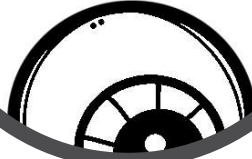
Robot

Move like a robot!



Blinky

Blink as many times as you can in 1 minute.



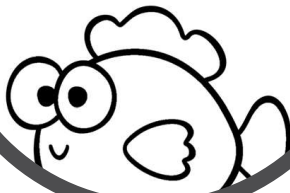
Jog

Jog on the spot!



Fishy

Swim like a fish.



Push Ups

Do 10 push ups.



Bunny

Hop like a rabbit.



Breathe

Take 10 deep breaths.



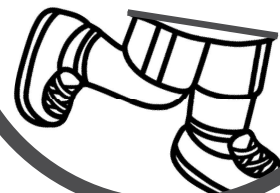
Jumpy

Do as many jumping jacks as you can in 1 minute.



Balance

Balance on one foot.



Rock

Play rock, paper scissors with a friend.



Wriggle

Wriggle like a worm!



Pizza

Pretend you're making a pizza.

