

What's your name?

Spell out your FULL NAME and complete the activity. For a greater challenge, include your middle name, or do it twice! For variety use a favorite character's name or a family member.

A Jump up & down 10 times

B Spin in a circle 5 times

C Hop on one foot 5 times

D Run to the door & back

E Walk like a bear, count to 5

F Do 3 cartwheels

G Do 10 jumping jacks

H Hop like a frog 8 times

I Balance on left foot count to 10

J Balance on right foot count to 10

K March like a soldier count to 12

L Pretend to jump rope count to 20

M Do 3 somersaults

N Pick up a ball without using hands

O Walk backwards 50 steps, skip back

P Walk sideways 20 steps, hop back

Q Crawl like a crab count to 10

R Walk like a bear, count to 5

S Bend down, touch your toes 20 times

T Pedal pretend bike w/hands, count to 17

U Roll a ball using your head

V Flap your arms like a bird 25 times

W Pretend to ride a horse count to 15

X Reach for the clouds, count to 10

Y Walk on your knees, count to 10

Z Do 10 push-ups