SPELL YOUR NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER.
NEED MORE OF A CHALLENGE? ADD YOUR MIDDLE NAME. WANT TO ADD VARIETY? TRY A FAMILY MEMBER OR PET’S NAME. THE MOST IMPORTANT RULE IS TO HAVE FUN!

A - JUMP 10 TIMES
B - 5 HOPS ON ONE FOOT
C - 10 JUMPING JACKS
D - 5 TOE TOUCHES
E - 3 DEEP BREATHS
F - HOLD THE TOP OF A PUSH-UP
G - 10 SIT-UPS
H - DO 10 SQUATS
I - WALK LIKE A BEAR
J - DO 10 SQUATS
K - ROLL LIKE A LOG
L - DO 10 KNEE LIFTS
M - WALK LIKE A CRAB
N - DO THE TWIST
O - DANCE IN PLACE
P - WIGGLE FINGERS AND TOES
Q - FLAP YOUR ARMS LIKE A BIRD
R - RUN IN PLACE TO THE COUNT OF 20
S - SKIP TO THE NEAREST DOOR AND BACK
T - GIVE YOURSELF A BIG BEAR HUG
U - JUMP SIDE TO SIDE 5 TIMES
V - 5 BIG ARM CIRCLES
X,Y,Z - MAKE A BIG SMILE!