



**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

H-DO 10 SQUATS

O-DANCE IN PLACE

V-5 BIG ARM CIRCLES

B-5 HOPS ON ONE FOOT

I-WALK LIKE A BEAR

P-WIGGLE FINGERS AND TOES

W-HOP LIKE A FROG

C-10 JUMPING JACKS

J-DO 10 SQUATS

Q-FLAP YOUR ARMS LIKE A BIRD

X,Y,Z MAKE A
BIG
SMILE!

D-5 TOE TOUCHES

K-ROLL LIKE A LOG

R-RUN IN PLACE TO THE COUNT OF 20

E-3 DEEP BREATHS

L-DO 10 KNEE LIFTS

S-SKIP TO THE NEAREST DOOR AND BACK

F-HOLD THE TOP OF A PUSH-UP

M-WALK LIKE A CRAB

T-GIVE YOURSELF A BIG BEAR HUG

G-10 SIT-UPS

N-DO THE TWIST

U-JUMP SIDE TO SIDE 5 TIMES

