

# SPELL YOUR NAME

## Activity for KIDS

- A** Chomp your arms 10 TIMES like an ALLIGATOR
- B** Bounce up and down 15 times
- C** CLAP your hands above your head 10 times
- D** DANCE around like a Monkey for 2 minutes
- E** Pretend you are an ELEPHANT for 20 seconds
- F** FLAP your arms like a bird 20 times
- G** GALLOP like a horse for a minute
- H** HOP like a bunny 20 times
- I** 10 Jumping Jacks and high as possible
- J** JUMP on one foot for the count of 10 then switch feet and jump 10 more times
- K** 10 Side KICKS on each leg
- L** Squat down and JUMP up high 10 times
- M** Shake your HIPS side to side for the count of 15
- N** 10 TOE touches
- O** Pretend you are an OCTOPUS and swing your arms around for 5 seconds
- P** 15 AIR Punches
- Q** Stretch up high to the sky and then touch the floor 10 times
- R** Jump Like a FROG 10 times
- S** Skip for 20 seconds
- T** Go up on your tip toes and back down 10 times
- U** 20 Elbow to your Knee touches
- V** Put your hands on your hips and twist left to right 10 times
- W** WIGGLE all over for 10 seconds
- X** MARCH like a soldier for 30 Seconds
- Y** Kick back like a DONKEY 10 times on each leg
- Z** Jump with your feet together 10 jumps forward