

<p>Jump rope—for real if you have room—pretend if you don't</p>	<p>Body wiggles—don't forget to wiggle your feet, hands, toes, fingers, ears, nose, lips, eyebrows and hair!</p>
<p>Run around the house outside (take the dog!)</p>	<p>Do a hand clap game</p>
<p>Hop on your right foot 10 times. Hop on your left foot 10 times. Do both again. (Do even again if needed!)</p>	<p>Fly like a plane around the room</p>
<p>March like a soldier around the room</p>	<p>Balance on one foot (hold onto something if you need to) and then on the other foot) for 30 seconds each. Then balance on one hand and one foot for 30 seconds.</p>
<p>Walk like a crab around the room</p>	<p>Do 10 squats</p>

Pat head and rub circles on stomach for 1 minute and then do the opposite for 1 minute

Hop like a rabbit

Do as many jumping jacks as you can. Write down how many you did. Is it more than the last time?

Simon Says-take turns with who is Simon

Pretend to ride a horse around the room

Waddle like a penguin around the room

Run in place for 1 minute. Now run in place for 1 minute but as slowly as you can.

Walk like a dinosaur around the room

Swim like a shark around the room

Buzz like a bee around the room

<p>Jump around the room like a kangaroo</p>	<p>Touch your toes and then your ears then hands on hips 10 times. Do again if needed.</p>
<p>Peck and scratch like a chicken around the room a few times.</p>	<p>Balance book on head and walk around table 3 times. Hold onto it if you need to.</p>
<p>Find three things on the floor and pick them up as fast as you can!</p>	<p>Walk around the room like an elephant (don't forget your trunk!)</p>
<p>Crawl like a snake around the room</p>	<p>Count from 10 to 1 backwards while hopping once for each number</p>
<p>Do 10 sit-ups</p>	<p>Do as many pushups as you can. Write down how many you did. Is it more than the last time?</p>

Sing an action song

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Color a picture

Do a puzzle

Play with play dough

Jump rope

Do a scavenger hunt

Help to bake or cook something

Go outside and look for cloud shapes

Paint a picture

Have a tea party or snack with your stuffed animals or dolls

Write a letter to a friend

Match the socks in the laundry

Color or draw with sidewalk chalk

Read a book

Blow bubbles

Create a toothpick and mini  
marshmallow tower

Create a puppet show with your  
stuffed animals

Make a card for someone

Draw a picture

Ride your bike

Create a zoo with as many animals  
as you can find

Make up a funny story

Go for a walk

Play a game

Build a fort

Make a treasure map

Do a craft

Write a story

Create a game

Call a Grandparent or friend

Make an obstacle course