



ABC

Move Your Body

A Stand on your right foot for 10 seconds

B Hop like a frog 5 times

C Jump forward and back 10 times

D March like a soldier

E 10 jumping jacks

F 10 cross crawls

G Walk like a crab for 10 seconds

H Walk backwards 10 steps with your eyes closed

I 5 star jumps

J Hop on your right foot 5 times

K Bend down and touch your toes 10 times

L Spin in a circle 5 times

M Stand with both feet together and eyes closed for 10 seconds

N Jump up and down 10 times

O Prone superman position for 5 seconds

P 10 high knees

Q 5 push-ups

R 10 lunges

S Hop on your left foot 5 times

T 20 second wall sit

U Walk like a bear for 10 seconds

V 5 glute bridges

W Stand on your right foot for 10 seconds

X 10 wall push-ups

Y 10 squats

Z Skip for 10 seconds