

Printable Activity Flash Cards

10 Jumping Jacks	Balance on one foot
Walk Backwards	Touch Your Toes 5X
20 Arm Circles	Bear Walk
Dance	Slither Like a Snake



Run in the backyard	Play Ring Around the Rosy
Fly Like a Bird	March in Place
Hop up and Down	Act Like a Monkey
Skip as Far as you can Go	Plank (Show Your Kids How it's Done!)
10 Push-Ups	15 Sits Ups