

WHAT'S YOUR NAME?

Spell out your name and complete the activity listed for each letter below! If you're having too much fun, choose your favorite word or a family member's

name and keep moving!

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| A | Jump up & down 10 times | N | Pick up a ball without using your hands |
| B | Spin around in a circle 5 times | O | Walk backwards 30 steps & skip back |
| C | Hop on one foot 5 times | P | Run to the nearest door and back |
| D | Walk sideways 20 steps & hop back | Q | Crawl like a crab for a count of 10 |
| E | Bear crawl for a count of 5 | R | Do 9 squats |
| F | Do 10 jumping jacks | S | Walk on your knees & count to 10 |
| G | Hop like frog 8 times | T | Balance on your right foot & count to 10 |
| H | Balance on your left foot & count to 10 | U | Roll a ball with just your head 8 times |
| i | Do 3 forward rolls | V | Flap your arms like a bird 15 times |
| J | Bend down & touch your toes 15 times | W | Pretend to pedal a bike with your hands & count to 16 |
| K | Pretend to jump rope & count to 20 | X | Try to touch the clouds & count to 12 |
| L | March like a soldier & count to 12 | Y | Do 8 push ups |
| M | Jump as high as you can 5 times | Z | Jump side to side 10 times |