

- Find 5 different places around your house to do 5 push ups
- Jump like a frog to all the different rooms in your house
- Push up into a “bridge” and hold it while you sing the ABC’s
- Stand on one foot and balance for 30 seconds - don’t set the other foot down!
- Ask Mom or Dad if it’s ok to walk your feet up a wall - if they say yes, do so 10 times. Make sure to get permission first!
- Do 10 cartwheels. If the weather isn’t too bad, go outside to do this!
- Tuck your toes under the couch and do 20 sit ups
- Do 50 jumping jacks
- Point and flex your toes 30 times
- Sit in a pike (legs together and straight) and reach for your toes. Hold for 10 seconds and repeat 5 times!



JOURNAL: How long did this take you? How many times did you do it?! Was it fun?!

Or DRAW a picture!