

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- jump up & down 10 times
- spin around in a circle 5 times
- hop on one foot 5 times
- run to the nearest door and run back
- walk like a bear for a count of 5
- do 3 cartwheels
- do 10 jumping jacks
- hop like a frog 8 times
- balance on your left foot for a count of 10
- J balance on your right foot for a count of 10
- march like a toy soldier for a count of 12
- pretend to jump rope for a count of 20
- do 3 somersaults

- pick up a ball without using your hands
- walk backwards 50 steps
 and skip back
- walk sideways 20 steps and hop back
- crawl like a crab for a count of 10
- walk like a bear for a count of 5
- S bend down and touch your toes 20 times
- pretend to pedal a bike with your hands for a count of 17
- only your head
- flap your arms like a bird 25 times
- pretend to ride a horse for a count of 15
- try and touch the clouds for a count of 15
- walk on your knees for a count of 10
- do 10 push-ups