



Spell Your Name



Use the letters in your name to create a unique exercise set just for you!

A

fly like an **airplane** for a count of 5

B

buzz around fast like a **bee** for a count of 7

C

crawl quickly like a **crab** for a count of 3

D

dig down like a **dog** for a count of 4

E

stamp your feet like an **elephant** 10 times

F

float down slowly like a bubble for a count of 3

G

roll on the **ground** for a count of 2

H

sing "**Head**, Shoulders, Knees and Toes"

I

inch like an **inchworm** for a count of 4

J

pretend to **jump** rope for a count of 8

K

kick out your feet 5 times

L

lean your body from side to side 2 times

M

march in place for a count of 12

N

swim like a **narwhal** for a count of 4

O

balance on **one** foot for a count of 2

P

walk like a **penguin** for a count of 8

Q

tip toe **quietly** for a count of 7

R

reach up to the sky 2 times

S

slither like a **snake** for a count of 3

T

touch your **toes** for a count of 4

U

reach **up** to the sky

V

walk like a **velociraptor** for a count of 8

W

wiggle your hips back and forth for a count of 4

X

pretend to play the **xylophone**

Y

run to something **yellow**

Z

run in a **zig zag** 2 times

