

25 WAYS TO







Run in place for 30 seconds



Stand up and sit down 10 times



Read standing up



Hot lava! Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)



Jumping jacks for 30 seconds



Do the hokey pokey



See how many squats you can do in 15 seconds



Stand up, touch your toes



Wall sits while reading



One-minute yoga



Stretch your hands high over your head



Arm circles forward for 30 seconds, arm circles backward for 30 seconds





Standing mountain climbers for



Stand on one leg, put your hands up, put your hands out to the side



5 lunges on the right leg, 5 lunges on the left leg





Practice spelling, do a squat for every vowel



30 seconds

Run in place for 30 seconds, check your heart rate



Practice spelling by doing a jumping jack for each letter



Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter



High knees for 30 seconds



Practice math problems, do a jumping jack every time the answer is an even number



20 leg lifts

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