

Zombie Walk

Walk in place with your arms and legs out straight like a zombie. Walk for 10 seconds.

Pumpkin Squat

Pretend that you have a heavy pumpkin in your arms. Do a squat and when you stand up, reach the pumpkin high above your head. Repeat this 10 times.

Spider Jacks

Complete 10 jumping jacks, with your arms out wide like a spider.

Monster Mash Dance

Do your silliest monster dance moves for 20 seconds!

Flying Bats

Flap your bat wings 10 times.

Stir the Cauldron

Use both arms to pretend to stir the big Witches Cauldron pot. Do 10 stirs.

Run from a Ghost

Run in place, pretending like you just saw a ghost! Run for 30 seconds.

Ghost Breath

Be still and breathe deep in and out. Bring your arms up and down as you breathe.

Eyeball Stretch

Look to the left for 3 seconds.
Look to the right for 3 seconds.
Look down for 3 seconds.
Look up for 3 seconds.
Close your eyes for 3 seconds, and then open them wide!

