

Frog Hops

Squat down and leap up
20 times!

Fly a Kite

Run in place as fast as you can for
30 seconds. Then look up at your
kite flying high in the sky!

Puddle Jumping

Hop forward and backward 30 times.
Don't fall in the puddle!

Bee Sting

Jump
Twist
Clap
Repeat 10 times!

Flap like a Bird

March in place while flapping your
arms up and down 20 times!

Umbrella Crosses

Criss cross your arms 25 times!

Butterfly Hops

Tiny, quiet hops in place
for 30 seconds!

Growing Flower

Start like a seed, then sprout up,
and reach your leaves out and up.
Repeat 5 times slowly.

