



LUCKY YOU!

You found a
pot of gold!

Pick it up and

squat with it 10 times



I SPY...

A pot of gold!

Run in place

as fast as

you can to get it!



I SPY...

A rainbow up in the sky!

Can you jump 10 times to try to
reach it?



LEPRECHAUN STARTS WITH THE LETTER 'L'.

Whisper words that start
with the letter L.

Jump each time you whisper a
word - you only have 30 seconds!

GOLD COIN WORKOUT



5 star jumps
10 squats
15 jumping jacks

GOLD COIN WORKOUT



5 push ups
10 squat jumps
15 cross crawls

G-R-E-E-N



On St. Patrick's day, some folks wear green. Can you hop on one foot and whisper-spell the word green?

POT OF GOLD



There's a rumor that there can be 25 gold coins in one pot - do 25 jumping jacks!



Fit 4 Kids

DANCING LEPRECHAUN

Leprechauns love to dance the Irish jig. Let's see your moves! Dance for 1 minute!



Fit 4 Kids

LAZY LEPRECHAUN

Be as still as you can for 30 seconds



Fit 4 Kids

ST. PATRICK'S PARADE

March in place and count to 50 (skip count by 5's)



Fit 4 Kids

FOUR LEAF CLOVERS ARE LUCKY!

You can find them in the grass. Get down low and do 4 frog jumps