

## Eat a Healthy Breakfast

Gobble up your favorite healthy breakfast of eggs, oatmeal, fruit, milk, toast, or cereal! Use both arms to “eat” for 30 seconds.

## Climb up the Bus Stairs

Lift your legs and pump your arms up those stairs! “Go up” 10 stairs.

## Hang your Backpack

Squat down to get your bag and reach up high to hang it on the hook! Repeat this 5 times.

## Sit Up Tall

Practice sitting up tall in your chair. Focus on good posture. Even try this without the chair! See how long you can hold chair pose.

## Run at Recess

Run your heart out like you are going around the track during recess! Run in place for 30 seconds.

## Walk Quietly Down the Hallway

Walk quietly (in place or practice a lap around the room) until your teacher tells you to stop.

