

Gingerbread Man Run

Run in place as fast as you can! Count backwards from 20.



Candy Cane Twist

Twist side-to-side and skip count by 5s to 50.



Reindeer Prance

Prance like a reindeer in place. Skip count by 2s to 20.



Snowflake Twirl

Twirl like a snowflake. Count backwards from 10.



Snowball Fight

Throw your pretend snowballs at your classmates. Count backwards from 20.



Tree Pose

Pose as still as tree for 15 seconds.



Snowman Melt

Stand tall. Squat as slow as you can all the way down to the ground. Repeat 5 times.



Twinkle Star Jump

Do 10 star jumps!



Gift Lifts

Squat down and pretend to pick up a heavy gift 10 times.



Walk Through the Snow

High march around the room in the pretend snow.

Count backwards from 20.



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