**February Brain Boosters**

**You Make My Heart Skip a Beat!**
Make your heart strong! Jump with your invisible jump for 20 seconds.

**You Float My Boat**
Swim to shore as fast as you can! Count backwards from 20.

**I Get a Kick Out of You**
Do twenty donkey kicks.

**Have a BALL This Valentine’s!**
Jump as high as you can 10 times – like you’re a bouncy ball.

**You’re a Slam Dunk!**
Shoot your pretend basketball into the net counting backwards from 10.

**You’re an All Star**
Do seven star jumps.

**You Make My Heart Race**
Run in place for 20 seconds.

**Be Still My Heart**
Stand as still as you can for 15 seconds
*Challenge – stand in tree pose

**I’m TOAD-ally yours!**
Do 12 frog jumps. Start down low and jump up high.

**You Quack Me Up!**
Walk around the room as if you were a duck for twenty seconds.

Images courtesy of: www.mycutegraphics.org
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