

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

Border courtesy of: www.teacherspayteachers.com/store/tessas-designs