

Name: _____

Make your heart Beat!

You make my
heart **skip** a
beat!

15 skips 

Let's you and I
hop to it.

12 hops 

You make my
heart **race**.

Run for 1
minute 

I am **toad-ally**
yours!

10 frog jumps


You are just
write for me!

Draw 3 hearts


You are too
cool!

3 deep
breaths 

Name: _____

Valentine's Tic-Tac-Toe

Earn a space when you do the exercise.

12 jumping jacks	6 cross-crawls	8 squats
20 arm circles		Stand on one foot 20 seconds
March 15 times	16 heel lifts	12 low jacks

Jump 15 times	18 jumping jacks	Squat 12 times
22 arm circles		10 washing machines
Jump forward and backward 10 times	10 toe lifts	14 knee lifts