

Do 20 jumping jacks.



Go for a nature walk outside.



Play indoor basketball with socks and a laundry basket.



See how many pushups you can do in a minute.



Run in place for 20 seconds.



Crab walk across the room three times.



Do 12 frog jumps.



Act like your favorite animal.



Create an obstacle course and time yourself completing it.



Blow up a balloon and see how long you can keep it in the air.



See how fast you can run around your house.



For 10 minutes, skip instead of walk.



Beanbag balance walk: How far can you walk with a beanbag on your head?



Make a paper airplane and see how far you can make it fly.



Do 10 squats: How low can you go?



Do a silly dance.



Cut on the dashed lines, and then fold on the solid lines.

Blank template for 'Get Movin' Cards' featuring a grid of 16 cards arranged in two rows of eight. Each card is defined by solid lines and dashed lines for cutting and folding.



Cut on the dashed lines, and
then fold on the solid lines.