See how many pushups you can do in a minute.

<u>مــنا۱۱۱</u>

Play indoor basketball with socks and a laundry basket.



Go for a nature walk outside.



Do 20 jumping jacks.





Act like your favorite animal.



Do 12 frog jumps.



Crab walk across the room three times.



Run in place for 20 seconds.

For 10 minutes, skip instead of walk.



See how fast you can run around your house.



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



Create an obstacle course and time yourself completing it.





Do a silly dance.



Do 10 squats: How low can you go?



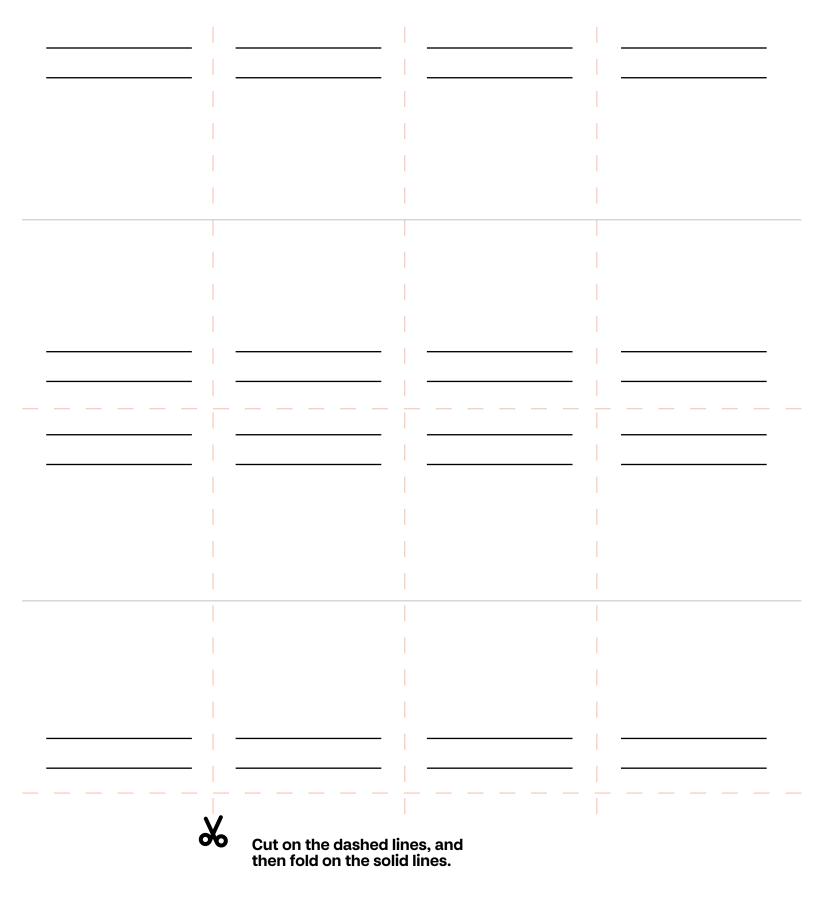
Make a paper airplane and see how far you can make it fly.



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



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



## **Get Movin' Cards**