

Stand up, put your feet together, bend your knees and knock your knees together 20 times	Swivel your hips in a circle - 10 times each direction	Lift your eyebrows in surprise 15 times then frown 15 times	Twirl with your arms out 5 times each way
Sit down, bend your knees with your feet together and knock your knees together 15 times	Flap your arms like every bird you know: hawk, chicken, hummingbird, etc.	Walk around the room like a chicken and be sure to poke your neck out with every step	Walk as far as you can on your tiptoes, then come back on your heels
Roll your eyes 3 times then close your eyes and do it 3 more times	How many somersaults can you do in a row?	Walk with tiny steps from one end of the room to the other. Now do it with giant steps.	Smile as big as you can 5 times then do it with your eyes closed
Hold your finger all the way out in front of you and then watch it as you move it all the way to your nose	Pretend to be a snake by slithering on the ground and hissings loudly and softly	Ride a pony around the room and make your pony jump over anything in the way	Do the splits as far as you can
Do 12 large arm circles and 13 small ones	Reach as high as you can with your right arm then with your left	Put your hands beside your cheeks, make a fish face and swim around the house	Sit with your legs spread as wide and you can. Touch your left toe, touch the middle, and touch your right toe
Wave your right hand up and down from your thigh to above your head 5 times then do it with your left arm	Can you salute like a soldier? Try it with both hands.	Hold your arms like an "L" and then bend your wrists back and forth 5 times	Dance the YMCA while saying the letters 3 times
Do 15 jumping jacks	Do 5 sit-ups	Walk around the house pretending like you're on a boat on rough seas	Do an ice dance on a hard floor with socks

Stap your fingers 10 times with each hand	How many different laughs can you do? Belly laugh, serious laugh, crazy laugh, quiet laugh	Do 20 donkey kicks with each leg	Can you crawl like a bear? Can you crawl over a bed? Can you crawl into a cave?
Do the Hokey Pokey	Do a moonwalk	Drive a race car around the house, then drive an old tractor	Create a secret handshake and do it 5 times
Using your fingers as scissors, cut all the shapes you know in the air	Pretend you have a rope and you are jumping rope	Tell your fingers to play a slow song on a piano, then speed the song up	Skip from one room to another

Clap quickly 20 times then slowly 20 times	Pretend to be an airplane that takes off and lands and talks to the control tower	Puff your cheeks up like a squirrel then pretend to eat the nuts you've gathered	Rub your head and bat your belly
Do a tap dance	Hop like a bunny but be sure to stop and sniff yummy things	Shrug like you just don't care 12 times	Pat your belly and rub your head
Wrinkle your forehead and nose. Can you do your ears?	Open and close your hands in a fist 20 times. On the last one squeeze as hard as you can to the count of 5	Make the silliest face you can and then ask someone to mirror it	Touch your toes and then reach the sky 15 times
Pretend to be a puppet	Pretend to box a boxing bag by rolling your fists in the air and then do it backwards	Go from sitting to standing 10 times	Can you roll your tongue? Can you twist our tongue? Can you twirl your tongue?
Lie on your back and ride a bicycle	If you have a partner, pretend to be a wheelbarrow with each other	Do 20 jumping jacks	Swim around the room using every stroke you know - freestyle, breaststroke, butterfly, back stroke, doggy paddle
Pretend to be a crab and crawl from room to room	Can you wink your right eye? Can you wink your left?	How long can you run in place?	Wiggle each finger one at a time on each hand
Can you be a mime and pretend to be stuck in a box?	Do formal bow or curtsie 5 times	Pretend to be a cat - meow, rub on furniture, clean your paws, hiss at a human	Hug yourself then hug someone else 3 times

Shuffle to the left. Shuffle to the right.	March like a band member or soldier from room to room	Hop on one foot 10 times and then the other	Dance for 3 minutes straight
Sit with your legs straight in front of you the point your toes 15 times	Do the log roll from one end of the room to the other	Go down from one knee, stand up and then the other 5 times	Slow dance with someone for one minute
Click your tongue 10 times while standing on one foot	Pretend to be a ninja	Can you flare your nostrils? Can you do it 5 times?	