

This week we will be doing animal exercises and some fun stretches. Remember to have.

Fun Animal Exercises

A is for Chomp like an Alligator

B is for Run like a Bull

C is for Pounce like a Cat

D is for Fetch like a Dog

E is for Stomp like an Elephant

F is for Hide like a Fox

G is for Stretch like a Giraffe

H is for Swim like a Hippo

I is for Lay like an Iguana

J is for Attack like a Jaguar

K is for Hop like a Kangaroo

L is for Hang like a Lemur

M is for Climb like a Monkey

N is for Sing like a Nightingale

O is for Slide like an Otter

P is for Strut like a Peacock

Q is for Flap your Wings like a Quail

R is for Slither like a Rattlesnake

S is for Dance like a Swan

T is for Roar like a Tiger

U is for Twirl like a Umbrellabird

V is for Hang Upsidedown like a Vampire Bat

W is for Howl like a Wolf

X is for Flip Out like an X-Ray Tetra

Y is for Graze like a Yak

Z is for Play like a Zebra



What's your name?

Spell your name and do the activity listed for each letter. You can also spell your middle name, your pet's name, your favorite character's name, or try different words.

- A Spin around in a circle 5 times
- B Hop on one foot 5 times then on the other foot
- C Jump up & down 10 times
- D Run to the nearest door and back
- E Do 2 cartwheels
- F Do 10 jumping jacks
- G Walk like a bear for a count of 10
- H Balance on your left foot for a count of 10
- I Hop like a frog 5 times
- J March like a toy soldier for a count of 10
- K Balance on your right foot for a count of 10
- L Pretend to jump rope for a count of 20
- M Do 2 somersaults
- N Walk backwards 25 steps
- O Walk sideways 25 steps
- P Pick up a ball without your hands
- Q Crawl like a crab for a count of 10
- R Touch your toes 25 times
- S Roll a ball using only your head
- T Pretend to pedal a bike with your hands for a count of 20
- U Flap your arms like a bird 25 times
- V Reach for the clouds for a count of 15
- W Walk on your knees for a count of 10
- X Do 10 push-ups
- Y Pretend to ride a horse for a count of 20
- Z Do 25 jumping jacks

