

What's your name?

Instructions:

1. Spell out your first name
2. Complete the activity listed for each letter
3. For an extra challenge spell out your middle and last name and complete the activity listed for each letter

A Jump up and down 10 times

B Spin around in a circle 5 times

C Hop on one foot 5 times

D Run to the nearest tree and back

E Walk backwards 20 steps

F Touch your toes 10 times

G Walk sideways 20 times

H Do 10 push ups

I Pretend to ride a horse for a count of 10

J March like a soldier for a count of 10

K Pretend to skips for a count of 15

L Balance on your left foot for a count of 10

M Try and touch the clouds 10 times

N Bounce a ball 10 times in a row

O Flap your arms like a bird 15 times

P Do 10 jumping jacks

Q Pretend to ski down a mount for a count of 10

R Pretend to waddle like a penguin for a count of 5

S Jump up and down 15 times

T Pretend to throw a ball 10 times on each arm

U Dance to imaginary music for a count of 20

V Jog on the spot for a count of 30

W Do 5 jumping jacks

X Balance on your right foot for a count of 10

Y Breath in and out for a count of 10

Z Do 1 push up