

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

