25 WAYS TO GET MOVING AT HOME

1. Run in place for 30 seconds
2. Dance party for 1 minute
3. Stand up and sit down 10 times
4. Read standing up
5. Hot lava! Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)
6. Jumping jacks for 30 seconds
7. Do the hokey pokey
8. See how many squats you can do in 15 seconds
9. Stand up, touch your toes
10. Wall sits while reading
11. One-minute yoga
12. Stretch your hands high over your head
13. Arm circles forward for 30 seconds, arm circles backward for 30 seconds
14. 10 frog jumps
15. Standing mountain climbers for 30 seconds
16. Stand on one leg, put your hands up, put your hands out to the side
17. 5 lunges on the right leg, 5 lunges on the left leg
18. ABC practice spelling, do a squat for every vowel
19. XYZ run in place for 30 seconds, check your heart rate
20. Practice spelling by doing a jumping jack for each letter
21. 30-second plank
22. Practice math problems, do a jumping jack every time the answer is an even number
23. 20 leg lifts
24. Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter
25. High knees for 30 seconds

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