

Do the Chicken dance

Count the numbers on an analog clock

Do a cartwheel

Find 10 things that are red

Do 10 jumping jacks

Build a pillow wall

Sing the ABC's

Dance for 1 minute

Sing the ABC's backwards

Do the "Twist and shout" dance for 1 minute

Blow 10 big bubbles with bubble gum

Find 5 things in your house that start with
'G'

Froggy jump across the room

Take a family photo

Crab crawl across the room

Hop on 1 foot 20 times

Count 10 pillows around your house

Make a silly face

Carry 3 books on your head with no hands

Do the splits

Sing a song that has the word "forever" in it

Do a clapping rhyme (patty-cake, patty-cake)