

Do a silly dance move



OR

Jump 10 times



Do a fortnite Dance



OR



Sing Mary Had a Little  
Lamb

Skip in a circle

OR

STOP DROP AND  
ROLL



Crawl around the room

OR



Sing a part of your  
favorite song



Pretend to be your  
favorite animal

OR

Do 12 push ups



Clap 15 times

OR

Jump up and surprise  
the camera



Sing in a high pitch  
voice



**OR**

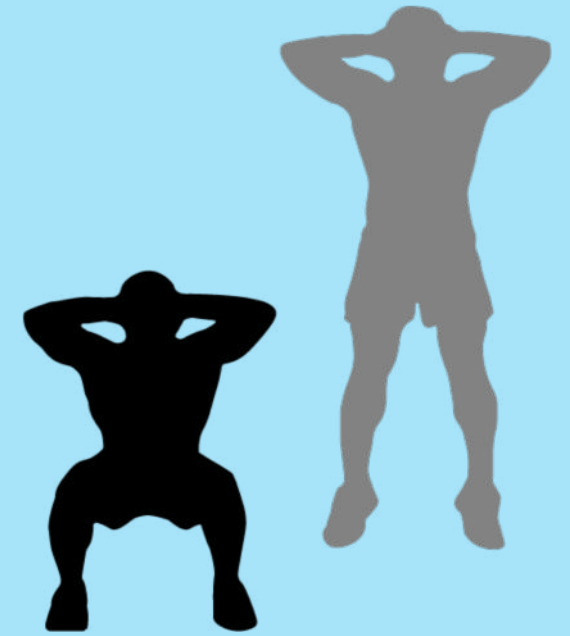
Go find something

**RED**

Do a TikTok Dance

OR

Do 10 Squat Jumps



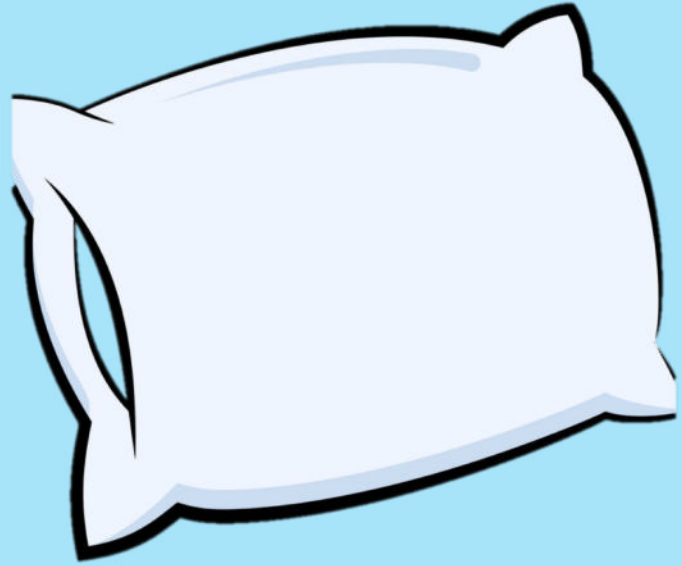


Take a walk around  
the room

OR

Show us your best  
shimmy





Find a pillow

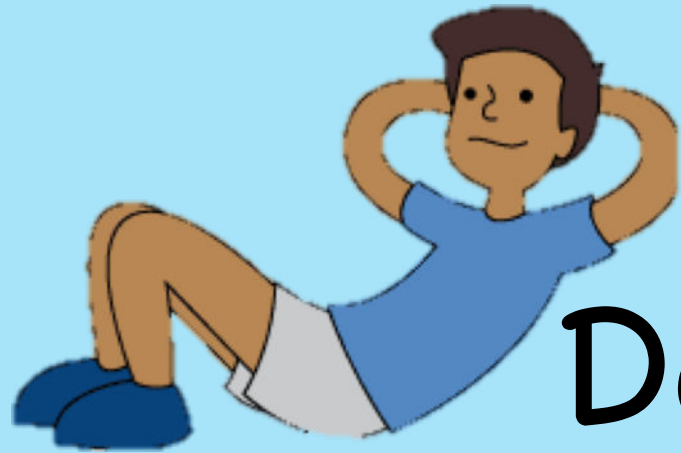
OR

Find a fork



Run outside and  
around the house

OR



Do 15 sit ups