



hamstring 	strength 1 Hold the plank for 40 seconds 	flexibility 1 Hold the cobra for 40 seconds 	pectoral
strength 1 Do 36 shoulder touches 	Do 10 curls 2 Do 30 mountain climbers 	20 seconds Hold a lunge for 20 seconds switch sides and repeat. 2 Butterfly stretch 	flexibility 1 #4 stretch 20 seconds repeat on other leg
aerobics Turn on your favorite song and dance. 	30 skier jumps 2 Jumping jacks 	Give a helping hand Sneak up on someone "I love you." 	Teamwork 1 Share a toy with a family member
abdominal 	aerobics Run in place for 30 seconds 	Teamwork 1 Give someone a smile. 	Bicep

Choose a word from the outside flap. Spell the word and move the cootie catcher every letter.
 Choose a word from the inside flap. Spell the word and move the cootie catcher every letter.
 Choose a word and either number 1 or 2. Do the activity under the flap that matches the number picked.

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