

ALPHABET WORKOUT

Spell your name out by following the activities next to each letter! Challenge yourself and use your middle name, or the name of a friend or family member.

for kids!

A

Hop on your right foot 6 times

B

Hop on your left foot 6 times

C

Do 10 jumping jacks

D

Walk like a bear for a count of 7

E

Skip in a circle for a count of 10

F

Crawl like a crab for a count of 10

G

Do 8 push-ups

H

Flap your arms like a bird for a count of 12

I

Spin in a circle 5 times

J

Do 2 cartwheels

K

Reach high to the sky for a count of 12

L

Hop like a frog 7 times

M

March like a soldier for a count of 10

N

Jump up and down 10 times

O

Run to your front door and back

P

Do 8 jumping jacks

Q

Balance on your right foot for a count of 10

R

Balance on your left foot for a count of 10

S

Do 6 log rolls

T

Walk backwards for 20 steps

U

Walk sideways for 25 steps

V

Bend over and touch your toes 15 times

W

Do 3 somersaults

X

Skip in a circle for a count of 14

Y

Spin in a circle 3 times

Z

Pretend to ride a horse for a count of 12



ROSELLE
PARK DISTRICT