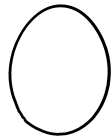


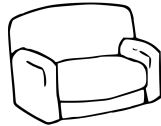
Egg Rolls



Turtle Crawl



Couch Crashes



Bridges



Flamingos



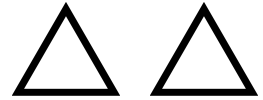
Tunnel Crawl



Hang Upside Down



Pillow Jump



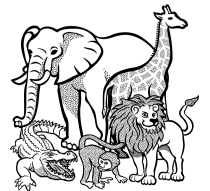
Air Bike



Frog Jumps



Animal Freeze Dance



Party Freeze Dance



Throw Animals



Spin on Chair



Egg Rolls

Curl up in a ball (like an egg), and roll around the floor. Try to roll from one side of the room to the other, or in a zig-zag pattern.

Turtle Crawl

Regular crawl or bear crawl across the floor, but with a small weighted blanket on your back.

Couch Crashes

Run fast and crash into the couch. This also works great with crash pads and Nugget Couches.

Bridges

Lay on your back and put your body in a bridge position with only your hands and feet touching the ground. Flip your body over so you are in a bridge position belly-side down, keeping only your hands and feet touching the ground at all times. Repeat over and over!

Flamingos

Stand on one foot like a flamingo, then switch to the other foot. Continue switching feet or time yourself to see how long you can stand on one foot.

Tunnel Crawl

If you have a pop-open tunnel, crawl back and forth inside the tunnel. You can also push balls through the tunnels, and play Monkey-In-The-Middle in the tunnel.

Hang Upside Down

Spin in circles! Try a specific number of spins, or just spin until you fall down.

Pillow Jump

Lay a few pillows on the floor spaced evenly apart, then jump over them. Try different ways of jumping, two-foot jumps, jumping from one foot to the other, etc.

Air Bike

Lay on your back and bicycle your legs in the air. Now try it backward!

Frog Jumps

Jump like a frog around the house. Choose a specific path or object to jump over.

Animal Freeze Dance

Found on most music streaming apps:
Animal Freeze Dance by The Kiboomers

Party Freeze Dance

Found on most music streaming apps: Party Freeze Dance by The Kiboomers

Spin on Chair

If you have an office chair handy, spin around on it. This can be done with the child sitting on the chair while someone else spins it, or with the child on their belly on the chair kicking the ground to spin themselves in circles.