

MY WEEKLY MINI-MOVES

SUNDAY

Squeeze your entire face as hard as you can while you swing your arms back and forth 10 times.

MONDAY

Hop to something green. Put both knees on it.

TUESDAY

Look straight ahead. Don't move your head as you make your eyes go all the way to the right and then all the way to the left.

WEDNESDAY

Stand. Raise one foot behind you and grab your ankle. Count to 5. Switch feet.

THURSDAY

Raise your arms to the sky and draw 10 circles. Now draw 10 circles the other way.

FRIDAY

Sit quietly on the ground with your legs in an X. Rest your hands on your knees. Listen to yourself breathe. In, out, in, out.

SATURDAY

Move sideways to something round. Put your BLANK on it.

MY WEEKLY MINI-MOVES

SUNDAY

March in place.
Clap your hands
under your knee:
- left
- right
- left
- right

MONDAY

Turn in a circle.
Freeze. Turn the
other way.

TUESDAY

Look over your shoulder
as far behind you as you
can. Turn just your
head without turning
your body. Count to
five. Then look over
your other shoulder.

WEDNESDAY

Jump to
something red.
Put your chin on it.

THURSDAY

Swing your arm in
a BIG circle.
Swing it the other
way. Now the
other arm.

FRIDAY

Put your elbow on
someone else's knee.
Now put your other
elbow on the
person's other knee.

SATURDAY

Try to make
your body into
the letter A.

A

MY WEEKLY MINI-MOVES

SUNDAY

Try to make your body into the letter B.

B

MONDAY

Poke your tongue into your right cheek. Poke into your left cheek. Repeat 5 times.

TUESDAY

Stand like a tree on one foot with the other foot resting on your leg. Now stand on the other foot.

WEDNESDAY

March your fingers up your body from your toes to your nose. Then march them down again. Repeat a few more times.

THURSDAY

Sit in a V. Stretch your fingers to your toes. Grab your earlobes. Stretch your fingers to your toes again. Keep going.

FRIDAY

Move all around as if you were a giggle.

SATURDAY

Try to make your body into the number 1.

1

MY WEEKLY MINI-MOVES

SUNDAY

Try to make your body into the letter C.

C

MONDAY

Walk backwards while counting to 5. Now walk backwards in another direction.

TUESDAY

Lying on your back, squinch your body into a tight ball. Then explode and reach your hands and feet as far away from each other as you can.

WEDNESDAY

Make a heart shape with your hands. Now with your BLANK. Now with your whole body.

THURSDAY

Move on one foot and two hands around the space. Now go the other way.

FRIDAY

Puff air into your cheeks. Pop one cheek with one finger, then the other cheek with the other finger. Now pop both cheeks at the same time.

SATURDAY

Lie on your tummy and push up on your hands like a cobra. Look at the sky.