

SIMON SAYS

FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities.
You decide when or if you say "Simon Says"!

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| Shake your whole body. | Hold your arms out at your side and make circles with them in the air. | Reach behind you and try and hold your left foot with your right hand without falling over. |
| Jump up and down. | | |
| Spin around in circles. | Hop on your left foot 10 times. | Lay on the floor and stretch out as far you can for 10 a count of 10. |
| Do a cartwheel. | Hop on your right foot 10 times. | |
| Do a somersault. | | Pretend to shoot a basketball 10 times. |
| Wave your arms above your head. | Hop around like a bunny. | |
| | Balance on your left foot for a count of 10. | Pretend to jump rope for a count of 10. |
| Walk like a bear on all 4s. | | |
| Walk like a crab. | Balance on your right foot for a count of 10. | Pretend to ride a horse. |
| Hop like a frog. | Bend down and touch your toes 10 times. | Pretend to milk a cow. |
| Walk on your knees. | | Take 5 of the biggest steps forward that you can. |
| Lay on your back & pedal your legs in the air like you are on a bike. | Reach behind you and try and hold your right foot with your left hand without falling over. | Pretend to lift a car. |
| Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc. | Show off the muscles in your arms. | Do the strangest dance you can think of. |
| | | Scream. |



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