



WELLNESS MATTERS MORE THAN EVER



TURN A GAME OF *Simon Says* INTO A FITNESS ACTIVITY FOR YOUR KIDS!

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

Simon Says..

- Shake your whole body
- Jump up and down
- Spin around in circles
- Do a cartwheel
- Do a somersault
- Wave your arms above your head
- Walk like a bear on all 4s
- Walk like a crab
- Hop like a frog
- Walk on your knees
- Lay on your back & pedal your legs like you are riding a bike
- Pretend to sit in an invisible chair – sit then stand, sit then stand, etc.

Simon Says..

- Hold your arms out at your side and make circles with them in the air
- Hop on your left foot 10 times
- Hop on your right foot 10 times
- Hop around like a bunny
- Balance on your left foot for a count of 10
- Balance on your right foot for a count of 10
- Bend down and touch your toes 10 times
- Reach behind you and try to hold your right foot with your left hand without falling over
- Show off the muscles in your arms

Simon Says..

- Reach behind you and try to hold your left foot with your right hand without falling over
- Lay on the floor and stretch out as far as you can for a count of 10
- Pretend to shoot a basketball 10 times
- Pretend to jump rope 10 times
- Pretend to ride a horse
- Pretend to milk a cow
- Take 5 big steps forward
- Pretend to lift a car
- Do the silliest dance you can think of
- Scream