

Exercise Cards



Toe
Touches

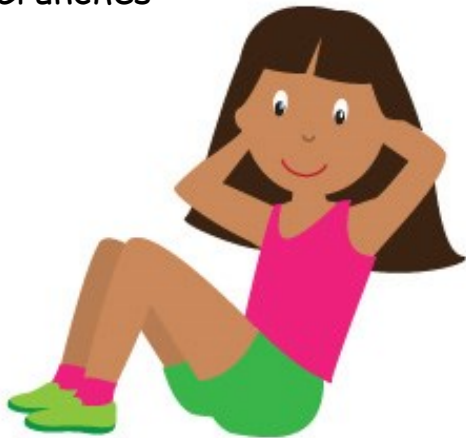


Run!

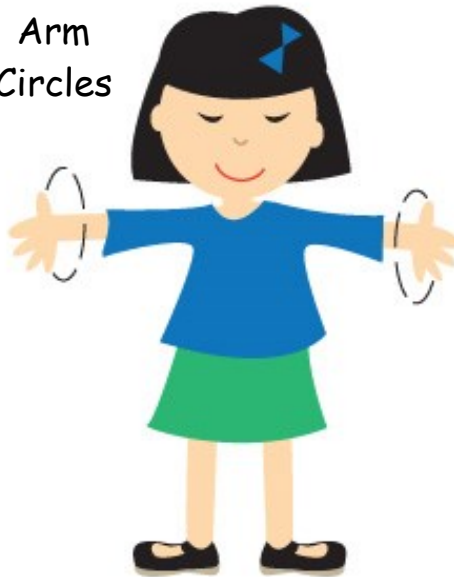


Jumping
Jacks

Crunches



Arm
Circles



Yoga
Pose



Cut pictures apart and glue to index cards. Put cards in a bag or box. Have children pull out cards and then do the exercises on them. Have fun!