

Balloon Pop

Use these cards to get your activity started!

Hop 10 times on your left leg.

Act like you're an airplane and fly around the room.

Sing the alphabet.

Drop to the ground and whine like a baby.

Shadow box.

Walk like a chicken around the room.

Sing "I'm a Little Tea Cup."

Do five jumping jacks.

Hold your left leg and spin in a circle twice.

Bark like a dog.

Count backwards, by fives, from 65 to 0.

Do the twist for 30 seconds.

Act like a cowboy and try to "lasso" someone near you.

Walk around the room like you are a zombie.

Mime yourself having lunch.

Dance like a ballerina.

Do the "robot."

"Swim" around the room.

**Shake shake shake...
shake shake shake...
shake your booty!**

Pose like a bodybuilder.

Ride your "horse" around the room.