

Activity Break

- A – Arm Circles 10x each way
- B – Balance on 3 body parts for 20 seconds
- C – Calf raises - 20x
- D – Dips 10x
- E – one-legged hops, each leg- 10x
- F – Free dance moves for 15 secs
- G – Gluteal kicks 5x each leg
- H – Boxing jabs 20 each hand
- I – Ice Skaters - 20x (10 each way)
- J – Jumping Jacks - 20x
- K – Kick your heels together - 10x
- L – Lunges on each leg - 5x
- M – Mountain climbers - 10x
- N – Note your heart rate
- O – Hop on each foot 10x
- P – Do 5 quality push ups
- Q – Quench your thirst
- R – Run in place for 15 seconds
- S – Do 10 slow and controlled squats
- T – Touch your toes for 15 seconds
- U – Upward stretch – reach high
- V – V-sit for 10 seconds
- W – Walk around outside of the room once
- X – Cross-over steps 10x each direction
- Y – Stretch for 20 seconds
- Z – Zig-zag jumps from side to side 20x