

## Cross Pulls

Cross Pulls Child holds arms out in front, cross arms at wrist, turn palms down and in toward each other, clasp fingers together, pull clasped hands under and up through arms in front of chest and reverse.

Repeat.



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## Lazy Eights

Child forms the figure 8 pattern with one hand, the opposite hand, then both hands together at least three times--can be done in the air or on a board.



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## Chair Push Ups

Place hands palms down on each side of chair seat under your legs.

Straighten arms to lift yourself off the chair.

Repeat 10 times.



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## Criss Cross Jump

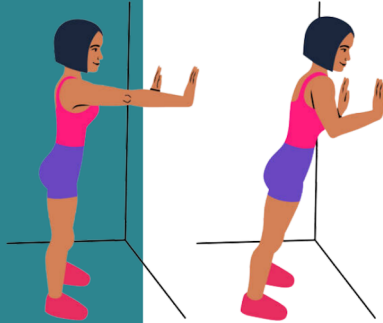
Child stands with feet shoulder-width apart, then jumps up, crossing one foot over other, and lands with feet crossed. Jump again, uncrossing legs, and land in starting position. Switch legs and repeat.



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## Wall Push Ups

Place palms on the wall, bend elbows, and plant feet firmly on the floor. Push against the wall for ten second. Wall push-ups provide proprioceptive input into the arms, hands, and legs.



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## Cherry Pickers

Jump up to the ceiling 2) jump down into push-up position 3) jump into a frog position. That's 1. Do 9 more.



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## Two Minute Dance Party

Turn on a fun kid song and dance for two minutes.



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## Go Noodle Time

Have child pick a brief activity from Go Noodle's short videos for movement: [gonoodle.com](http://gonoodle.com).



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## Muscle Flexes

Squeeze and release muscles in the body.



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## Cherry Pickers

Jump up to the ceiling 2) jump down into push-up position 3) jump into a frog position. That's 1. Do 9 more.



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## Frog Jump

Crouch down with your knees out wide and your hands on the ground between your feet. Jump up by pushing off with your hands and feet. Land in a crouch position.



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## Yoga Time

Have child perform stretching and yoga moves from either site:

[www.yogainmyschool.com](http://www.yogainmyschool.com)  
<https://www.cosmickids.com>



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