

Hop like a bunny
for 30 seconds

Touch your toes 10
times

Do 10 star jumps

Dance like a
chicken

Stand on your
head

Walk like a crab for
1 minute

Stand on one leg

Do 10 sit-ups

Balance a ball on
your head

Run on the spot for
30 seconds

Spin around until
you are dizzy

Stretch as high as
you can