

SPELL YOUR NAME!

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|--|------------------------------|
| A 10 jumping jacks | N 4 arm shakes |
| B Run in place for 10 sec | O 3 foot shakes |
| C 3 squats | P 5 Bunny Breaths |
| D 5 bunny hops | Q Stand Victorious |
| E 5 arm circles | R Send 5 Kind Wishes |
| F 3 spins | S 5 Rainbow Breaths |
| G 4 dabs | T Clap It Out! |
| H 5 scissor jumps | U 3 hops backwards |
| I 6 toe touch stretches | V Go Bananas! |
| J 30 sec favorite dance move | W Give yourself a hug |
| K Sing "Peanut Butter In A Cup" | X Say ABCs backwards |
| L Do the Chicken Dance | Y 5 shoulder rolls |
| M 6 hip shakes | Z Disco Dance |

GoNoodle.

