

# SPELL YOUR NAME!

**A** 10 jumping jacks

**B** Run in place for 10 sec

**C** 3 squats

**D** 5 bunny hops

**E** 5 arm circles

**F** 3 spins

**G** 4 dabs

**H** 5 scissor jumps

**I** 6 toe touch stretches

**J** 30 sec favorite dance move

**K** Sing "Peanut Butter In A Cup"

**L** Do the Chicken Dance

**M** 6 hip shakes

**N** 4 arm shakes

**O** 3 foot shakes

**P** 5 Bunny Breaths

**Q** Stand Victorious

**R** Send 5 Kind Wishes

**S** 5 Rainbow Breaths

**T** Clap It Out!

**U** 3 hops backwards

**V** Go Bananas!

**W** Give yourself a hug

**X** Say ABCs backwards

**Y** 5 shoulder rolls

**Z** Disco Dance

**GoNoodle.**

