

ACTIVATE YOUR NAME!



ACTIVATE your first name by completing the activity listed for each letter. For a tougher challenge, try your middle and surname as well. Or, ACTIVATE the name of your favourite TV, movie, comic book or video game character!

A

ARCH YOUR BACK INTO SUPERMAN POSE. HOLD FOR 10

B

BALANCE ON RIGHT FOOT. HOLD FOR 15

C

CARTWHEEL ACROSS THE ROOM

D

DANCE LIKE A BELLY DANCER

E

EXPAND YOUR CHEST LIKE A GORILLA

F

FORWARD ROLL. FORWARD ROLL. FORWARD ROLL!

G

GRAB YOUR TOES WITHOUT BENT KNEES. HOLD FOR 10

H

HOP ON LEFT FOOT 5 TIMES

I

INCHWORM 5 TIMES

J

JUMP UP AND DOWN 10 TIMES

K

KARATE KICK FOR 20 SECS

L

LUNGE-WALK ACROSS THE ROOM

M

MARCH ON THE SPOT FOR 20 SECS

N

NEIGH AND TROT LIKE A HORSE FOR 10 SECS

O

OPEN YOUR MOUTH AND ROAR

P

PRETEND TO RIDE A BIKE FOR 15 SECS

Q

QUICK FREEZE! DON'T MOVE FOR 20 SECS

R

ROLL A BALL USING YOUR HEAD

S

SPIN AROUND IN A CIRCLE 5 TIMES

T

TOUCH THE NEAREST DOOR. HOP BACK

U

UNFURL SLOWLY LIKE A SUNFLOWER

V

VROOM ACROSS THE ROOM. BEEP YOUR HORN

W

PRETEND TO RIDE A HORSE FOR A COUNT OF 15

X

X-RAY VISION! FIND YOUR ULNA BONE. FLEX IT

Y

YANK ON A PRETEND TUG-O-WAR ROPE

Z

ZIGZAG ZOOM ACROSS THE ROOM

