



Get your kids moving! Turn a game of Simon Says into a fun fitness activity!



# Simon Says



Hop on your left foot 10 times.

Act like an inch worm.

Pretend you're riding a zebra for 20 seconds.

Walk like a chicken for 10 steps.

Show off the muscles in your arms.

Jump as high as you can 5 times.

Lay on your stomach and pretend you're Superman.

Pretend to jump rope for a count of 20.

Lay on your stomach and kick your legs like you're swimming.

Hop on your right foot 10 times.

Do the weirdest dance you can think of.

Hold your arms out and make circles with them in the air.

Do a somersault.

Do 10 jumping jacks.

Bend down and touch your toes 5 times.

Hop around like a frog.

Take the 5 biggest steps you can.

Act like you're hula hooping.

Balance on your right foot for 10 counts.

Pretend to sit on an invisible chair 5 times.

Crawl like a crocodile.

Flap your wings like a bird.

Lay on your back and pedal your legs in the air like you're on a bike.

Reach for the clouds for a count of 15.

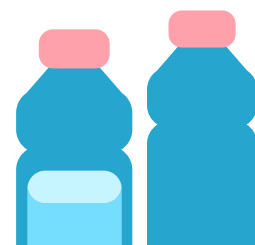
Balance on your left foot for 10 counts.

Pretend to run in place for 10 seconds.

Skip in a circle 5 times.

Spin around in circles.

Shake your whole body.



GLEN ELLYN  
PARK DISTRICT