



Try it Tuesday Activity Card



Turn a game of Simon Says into a fitness activity for all the family!
Shout out the activities below for others to follow – you decide when to say Simon Says!



Do a cartwheel

Shake your whole body

Walk on your knees



Hop like a frog

Stretch up tall

Make big circles with your arms



Pretend to milk a cow

Jump up and down

Do a forward roll

Spin around in circles



Pretend to ride a horse

Take a giant step



Wave your arms above your head



Do strange dance



Show off your muscles!

Balance on your right foot



Pretend to sit in a chair

Lay down & pedal your legs in the air

Hop on your left foot 10 times



Walk on all 4's like a dog

