








**Let's Have Some FUN with Exercise/Movement Games!**

Title	Description	Link/Resources	Follow-up/Activity
Dance Party	Take turns choosing favorite songs, and dance away! For extra fun, each family member can create a dance and teach it to everyone.	<a href="https://www.youtube.com/watch?v=I3u_gaOPCGk&amp;list=PLErs7bqR8PTPfNE7yeS4RGNd_xTSAeF5">https://www.youtube.com/watch?v=I3u_gaOPCGk&amp;list=PLErs7bqR8PTPfNE7yeS4RGNd_xTSAeF5</a>  <a href="https://www.youtube.com/watch?v=2UcZWXvgMZE">https://www.youtube.com/watch?v=2UcZWXvgMZE</a>  <a href="https://www.youtube.com/watch?v=388Q44ReOWE">https://www.youtube.com/watch?v=388Q44ReOWE</a>	Use the video links to have your dance party or play your favorite songs and dance away!
"Deck of Cards"	Assign each shape a different exercise. For example, Hearts=running in place, Diamond=jumping jacks, Spades=push-ups, Clubs=sit-ups. Take turns flipping the cards and doing that number of the exercise.	<p><a href="#">Exercise with a deck of cards!</a></p> 	<p>Materials:</p> <ul style="list-style-type: none"> <li>• Deck of cards</li> <li>• White board or paper to write down what each assignment is to help you remember</li> <li>• Some fun music!</li> </ul>
Freeze Dance	Have a dance party where one person stops the music and everyone else must instantly freeze. If you catch someone moving, they're out. The last one standing (or dancing in this case), wins	<a href="https://www.youtube.com/watch?v=I3u_gaOPCGk&amp;list=PLErs7bqR8PTPfNE7yeS4RGNd_xTSAeF5">https://www.youtube.com/watch?v=I3u_gaOPCGk&amp;list=PLErs7bqR8PTPfNE7yeS4RGNd_xTSAeF5</a>  <a href="https://www.youtube.com/watch?v=2UcZWXvgMZE">https://www.youtube.com/watch?v=2UcZWXvgMZE</a>  <a href="https://www.youtube.com/watch?v=388Q44ReOWE">https://www.youtube.com/watch?v=388Q44ReOWE</a>	Use the video links to play freeze dance, or turn on your own music to play!
Indoor Skating Rink	Who says it has to be snowing and wintertime to go ice skating?! Now you can do it inside your home!	<p><a href="#">Paper Plate/Dryer Sheet Skating</a></p> 	Take off your socks and grab some dryer sheets! Put one dryer sheet under each foot and create a skating rink. If you do not have dryer sheets, use paper plates! Put on some mittens and a scarf and pretend like it is winter time!

Title	Description	Link/Resources	Follow-up/Activity
Mindfulness Class	For the next couple of weeks, Mindful Schools will be offering online classes for kids! Join us for mindful activities, movement, and more!	<a href="#">Click Here for instructions to sign up</a>	
Movement Chain	Test your memory and see your family's dance moves!	<a href="#">Movement Chain</a> 	<p>You need at least 2 players for this interactive game where the first person starts by performing a certain movement – this could be something simple like jumping 2 times, or more complex like holding a plank for 30 seconds. The next person has to perform the first movement, and then add on another, forming a chain. The following person does the previous 2 movements, plus adds their own. You continue in this fashion until the chain sequence is broken (usually forgotten!) and then that person is out. The last one standing is the winner.</p>
Obstacle Course	Grab a bunch of items and create an obstacle course. Have your kids help make the course which is half the fun!	<a href="#">Obstacle Course Ideas</a> 	<p>Use some of these creative ideas to make an obstacle course:</p> <ul style="list-style-type: none"> <li>• Hula hoops to jump through</li> <li>• Line of tape to balance on</li> <li>• Couch cushions to hop between</li> <li>• Table to crawl under</li> <li>• Blanket over 2 chairs to crab walk through</li> <li>• Tupperware containers to hurdle over</li> <li>• Stuffed animals to roll over</li> <li>• Plastic cups to run around</li> <li>• Spy Maze with toilet paper to crawl under and over</li> </ul>

Title	Description	Link/Resources	Follow-up/Activity
Play Twister	Dig up your old Twister game and teach your kids how to play. If you don't have one, cut out different color circles, tape them to your floor, and create a simple spinner.		<p>Materials: Twister game</p> <p>DIY GAME:</p> <ul style="list-style-type: none"> <li>• Construction paper &amp; scissors</li> <li>• Cut out circles and tape them to the floor</li> <li>• Create your own spinner (pencils work great for a spinner)</li> </ul>
Whip/ Nae Nae Cardio workout	This genius cardio version of the popular Whip/Nae Nae moves performed by elementary school kids incorporates jumping jacks, lunges and push-ups in a workout that's so fun, kids won't even realize they're working out.	<p><a href="#">Whip/ Nae Nae Elementary Cardio Workout</a></p> 	<ul style="list-style-type: none"> <li>• Record yourselves doing your dance and send it to your PE teacher!</li> <li>• Come up with your own Cardio workout to a different song</li> </ul>