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
- Spin around in circles
- Shake your whole body
- Walk on your knees
- Hop like a frog
- Take a giant step
- Pretend to ride a horse
- Balance on your right foot
- Pretend to sit in a chair
- Show off your muscles!
- Stretch up tall
- Make big circles with your arms
- Lay down & pedal your legs in the air
- Hop on your left foot 10 times
- Pretend to milk a cow
- Wave your arms above your head
- Lay down & pedal your legs in the air
- Hop on your left foot 10 times
- Pretend to sit in a chair
- Show off your muscles!
- Do a forward roll
- Jump up and down
- Do a forward roll
- Walk on all 4’s like a dog
- Touch your toes