

# ABC

## Exercise Cards

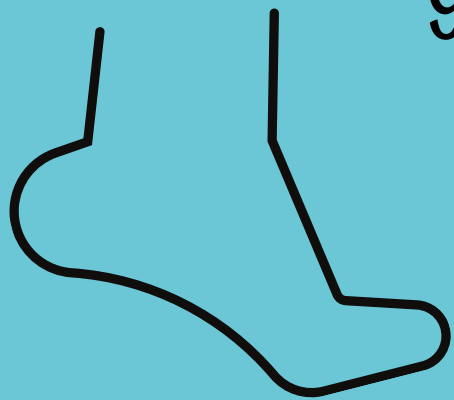
Here's how you play:

There is an active task associated with each letter of the alphabet!

You can have your child do all the ones that make up their name or simply pick at random.

# Aa

Make a circle with  
your Ankle



# Bb

Balance on one  
foot



# Cc

Clap your  
hands



# Dd

Dance!



# Ee



Elevate  
your arms

# Ff



Flex your  
muscles

# Gg

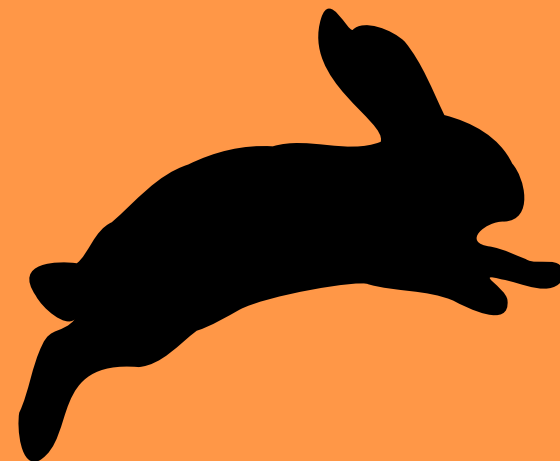


Grab the  
stars



# Hh

Hop on  
one foot



Ii



Act like an  
Inchworm

Jj



Jumping  
Jacks

Kk



Kick your  
legs

Ll



Lift your legs

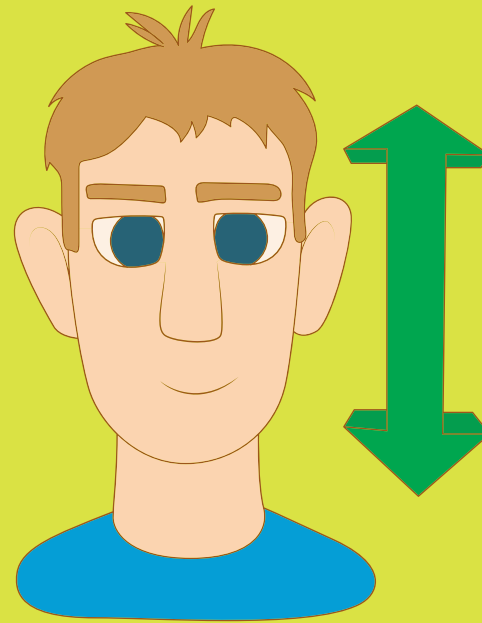
# Mm

March in  
place



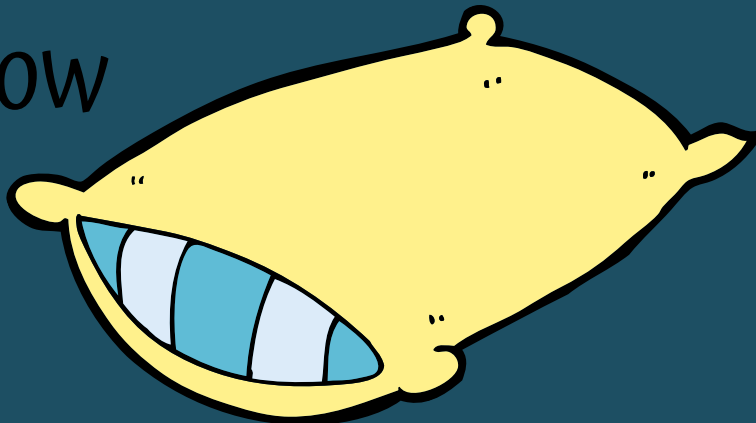
# Nn

Nod your  
head



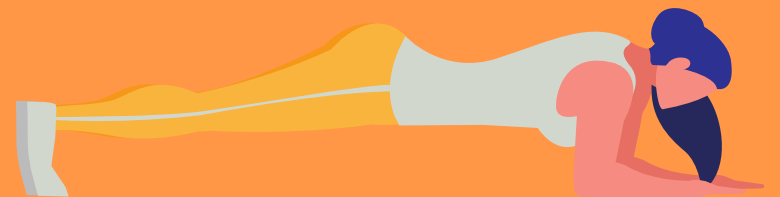
# Oo

Jump Over a  
pillow



# Pp

Push Ups



# Q q

Quickly walk  
in place



# R r

Run in  
place



# S s

Sit Ups

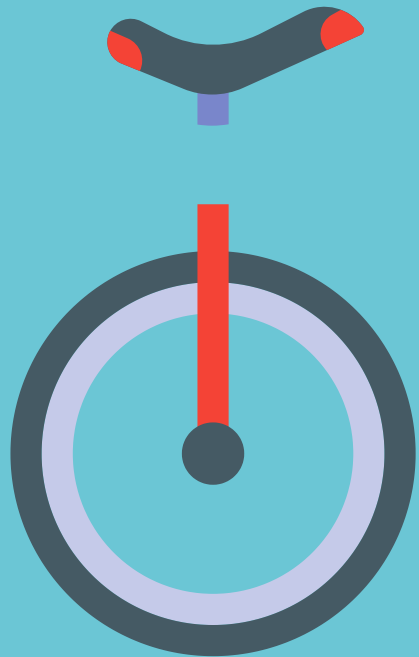


# T t

Touch your toes



# Uu



Pretend to  
ride a  
Unicycle

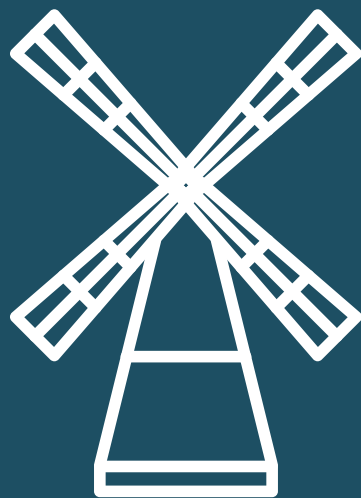
# Vv



Pretend  
you are a  
Volcano

# Ww

Windmills  
with arms



# Xx

Pick your  
exercise



Yy

Flap your wings like  
a yellow butterfly



Zz

Act like your favorite animal  
from the Zoo

