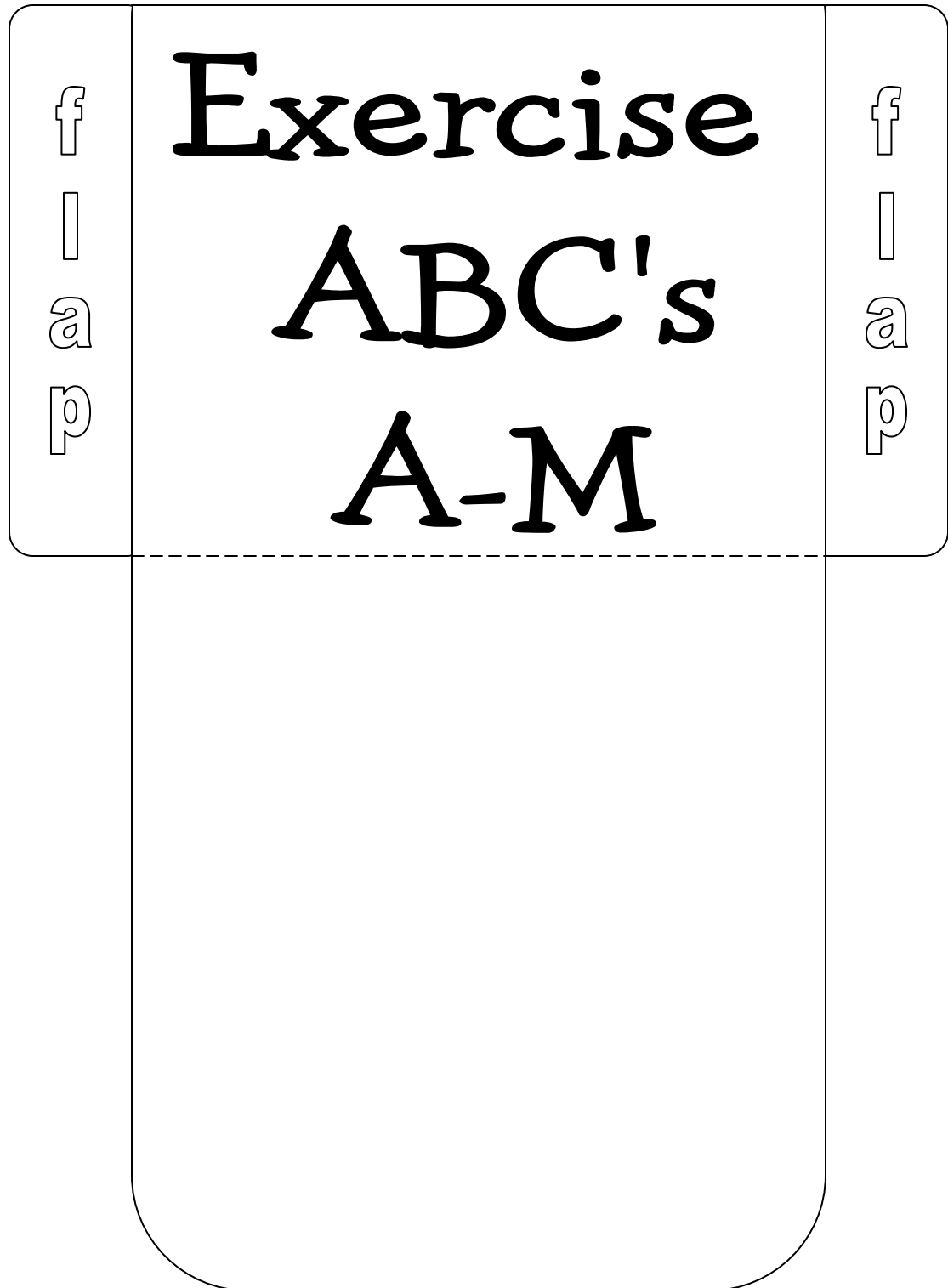
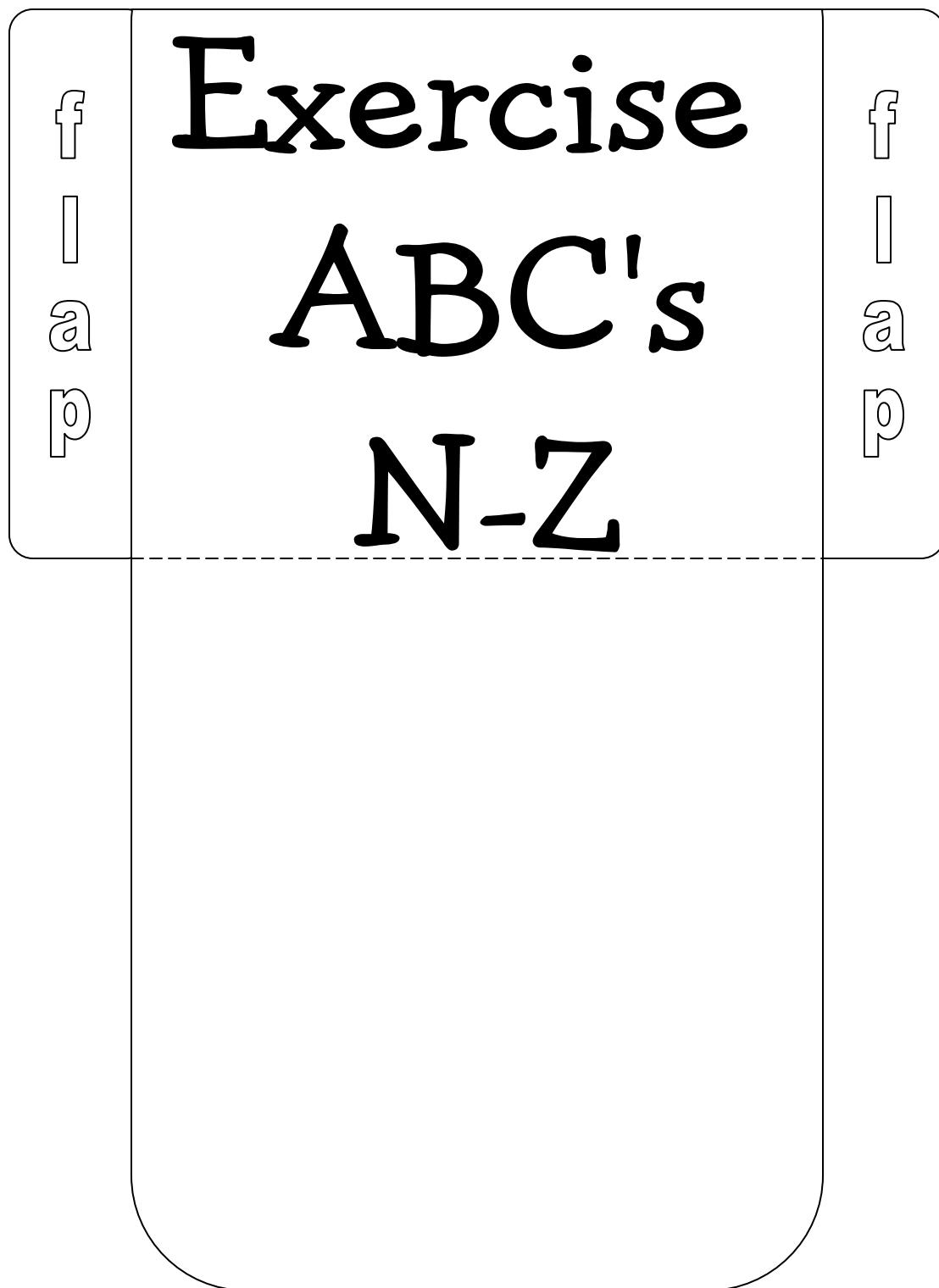


Cut pockets out as one piece. Fold back up. Wrap flaps around the back and glue down. Glue in lap-book. Cut out the "Exercise ABC's" cards and glue them on 4X6 index cards or print on cardstock. Laminate if desired. Store in the corresponding pockets. Use as an exercise game—Have child choose from the pile and then do that exercise.



Cut pocket out as one piece. Fold back up. Wrap flaps around the back and glue down. Cut out the "Exercise ABC's" cards and glue them on 4X6 index cards. Glue A-M on one side and then N-Z on the other side. Store in the pocket. Use as an exercise game—Have child choose from the pile and then do that exercise.



Aa

Make circles with
your Ankle



Bb

Balance on
one foot



Cc

Clap your
hands



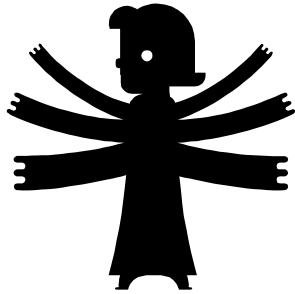
Dd

Dance



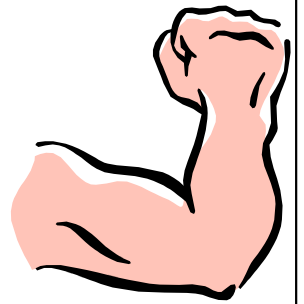
Ee

Elevate
your arms



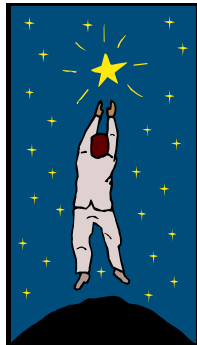
Ff

Flex your
muscles



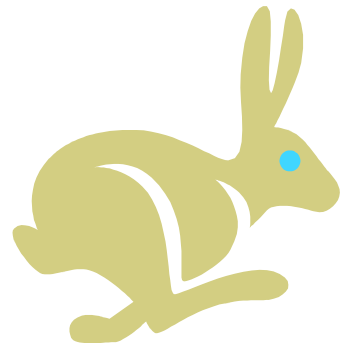
Gg

Grab the
stars



Hh

Hop on
one foot

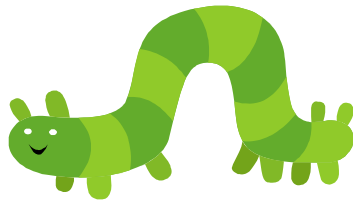


Ii

Act like

an

Inchworm



Jj

Jumping

Jacks



Kk

Kick your

legs



Ll

Lift your

legs



Mm

March in
place



Nn

Nod your
head



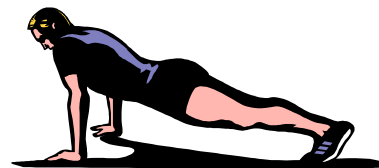
Oo

Jump Over a
pillow



Pp

Push-ups



Qq

Quickly walk
in place



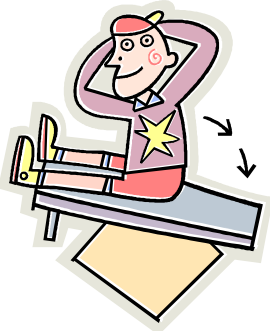
Rr

Run in
place



Ss

Sit-ups



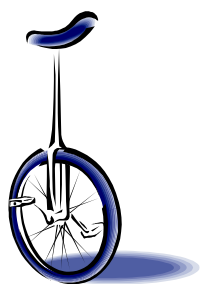
Tt

Touch
your toes

Uu

Lay on the floor, put
legs in the air, and
ride a

Unicycle



Vv

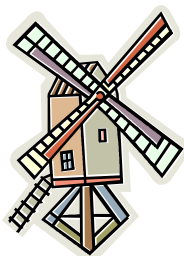
Pretend you are a

Volcano



Ww

Windmills
with arms



Xx

Pick your

exercise



Yy

Pretend you are
using a

Yo-yo



Zz

Run in a

Zigzag

