

HIGH 5

High 5 someone in the market.



STRETCH

Stretch your body in all sides.



ANIMALS

Act out the animal your mom calls out.



LINE

Line up in alphabetical order of your nicknames.



ONE WORD

Describe yourself in just one word.



DANCE

Show us your break dancing moves.



FACTS

Find out five new things about your friend.



MEDITATE

Listen to calming music and meditate quietly.



EXERCISE

Complete some warm-up exercises.



SUPERHERO

Tell about your favorite superhero.



DAB

Dance on music and dab when it stops.



PLAY

Complete an obstacle course in the playground.



JOG

Jog slowly for one minute.



CLEAN

Clean an area of your classroom.



BALLET

Present your best ballerina moves.



SING

Sing a group song together as a class.



NINJA

Showcase your ninja moves to your friends.



SHAPES

Make an object out of your body.



JOKE

Share a funny joke with your buddy.



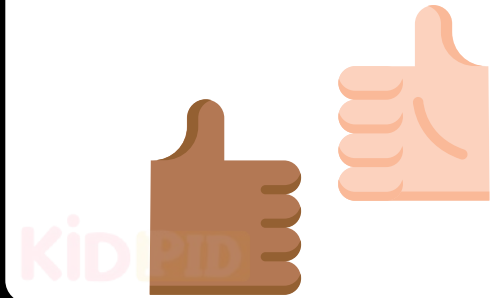
BLOCKS

Create the tallest structure you can with basic building blocks.



THUMB WAR

Have a thumb war with your buddy.



SONG TIME

Sing a song with a friend.



LEADER

Follow the voice of a leader.



SNACK

Eat a piece of fruit and a drink.



JUGGLE

Try to juggle for a minute.



MEDITATE

Sit in a cross-legged position in your room.



WALK

Walk in the garden or room.



HOP

Hop like a frog.



SPIN

Spin around 4 times.



SCRATCH

Scratch the ground like a cat.

