

ACTIVITY CARDS

Blink 4 times.	Raise and lower your back -pack in front of you 10 times.
Clap your hands 4 times.	Run in place for 25 steps
Do 20 jumping jacks.	Look at a friend.
Raise one hand and put it back down.	Stand still without moving.
Frown at the teacher.	Raise both hands up and down 20 times.
Cross your legs.	Put your backpack on your back and take it off.

