

Healthy Hawks

Time for Spring!

You do not need equipment for the exercises. You will use your body and imagination to complete each activity.

Reps	Description of Exercise or Activity
10	Bunny Hop - Pretend you are a bunny and hop around the room
10	Easter Egg Hunt - Pretend you are on an Easter Egg Hunt. Walk around the room, pick up an egg, and put it in your basket; Find 10 eggs
10	Blossom - Squat down as low as you can with your hands on top of your head, palms touching; Slowly stand up and extend your hands up and out like a blossoming flower
10	Spring in Your Step - Hands on your hips, kick right foot across to the left; then left foot across to the right
10	Duck Down - Squat down low so your bottom is close to your feet; Waddle like a duck