

Healthy Hawks

Circus Time

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
20 seconds	CLOWNING AROUND - Jog in place and pretend to juggle
20 steps	TIGHT ROPE - Pretend to balance on a tightrope by walking heel to toe around the room (or table) with arms extended straight out
5	ELEPHANT PARADE - Form a circle with your family and place your hands on the shoulders of the person in front of you; tilt your head back so your "trunk" is pointed in the air; then balance on one foot for 10 seconds and switch to the other foot for 10 seconds (you can place your hands on the back of a chair if no one else in your family can do this with you)
5	HUMAN CANNON - Squat down, hands at your side; count down "3,2,1 BLASTOFF," and jump as high as you can with your arms extended over your head
10	DANCING BEARS - Hum a circus tune and pretend you are a dancing bear. Be creative!