

# Healthy Hawks

## Picnic Fun

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	<b>PACK A BASKET</b> - Grab a picnic basket from the top shelf; place it on the floor; pretend to fill it with 10 items from the cabinet or refrigerator by grabbing an item and bending down to put it in your basket; Repeat 10 items
10	<b>BLANKET SHAKE</b> - Get ready for your picnic: Shake out your blanket by waving it 3 times, then do a squat to place it on the ground; Repeat pattern (3 shakes and a squat) 10 times
10	<b>MARCHING ANTS</b> - Pretend you are in a trail of ants marching over a picnic blanket; March around a blanket 10 times
5	<b>JUGGLING SNACKS</b> - Take 3 snacks out of your picnic basket and pretend to juggle them for 10 seconds before dropping them; Repeat 5 times
10	<b>FLY A KITE</b> - Finish your picnic by holding up your kite, running 10 steps and letting it go; Wind up your string; Repeat 10 times