

# Healthy Hawks

## School 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	MY NAME IS - Extend your right arm straight out and write your first name in the air, repeat 5 times; Extend your left arm straight out and write your last name in the air, repeat 5 times
10	JUMP INTO MATH - Jump forward, backward, to the left and to the right while counting to 20 (repeat set of 4 jumps 5 times); Or you can challenge yourself by skip counting
10	BOOK TIME - Reach up as high as you can, pretend to take a book off the top shelf, then bend down and put the book on the bottom shelf, repeat 10 times
10	REACH FOR YOUR GOALS - Pretend to climb a ladder by lifting opposite arm and leg; climb 10 each leg
10	SMILING 5s - Walk around your house, smile, and give 10 high fives to your family members, pets, or stuffed animals