

Healthy Hawks

Weather Watch

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	WALKING ON SUNSHINE - Pretend you are balancing on a sunbeam and walk around your house until you find 10 things that are yellow. For some added fun, wear sunglasses if you have them.
10	RAIN DANCE - Imagine there are 10 puddles in your house for you to jump in. In between puddle jumps, do your best rain dance!
5	RAINBOW - Reach right arm up and bend to the left for a 5 count; reach left arm up and bend to the right for a 5 count; alternate 5 for each arm
10	RAKE THE LEAVES - Pretend to rake some leaves (raking motion 3 times) and then jump once in your pile.
10	SNOWBALL - Bend down, pick up some snow and pack a good snowball in your hands. Then, point to someone in your family and throw it!