**ACTIVITY CARDS:**

**Balance:**

| Tree Pose Series | • Feet together arms across chest-eyes open  
| (Items needed: Pillow) | • Feet together arms across chest-eyes closed  
| (Perform each for 10-60 seconds) | • Feet together standing on pillow arms across chest-eyes open  
| | • Feet together standing on pillow arms across chest-eyes closed  

| Tightrope Series | • Walking forward heel toe pattern on a line  
| (Set up: Mark 2 spots ~10-20 feet apart with a line between the points) | • Walking backward heel toe pattern on a line  
| | • Walking sideways on a line  

| Flamingo Pose Series | • Standing on 1 leg with alternate leg on a step  
| (Perform each for 10-60 seconds) | • Standing on 1 leg with alternate leg on a ball  
| | • Standing on 1 leg  

| Pillow Series | • Stand on pillow with feet together and squat down to touch ground, stand up and reach arms overhead  
| (Items needed: Pillow) | • Stand on pillow with feet together and march in place  
| (Perform each for 10-60 seconds) | • Step onto pillow forward, and off of pillow backwards  

| Animal Yoga Series | • Hold an Animal Yoga Pose  
| (Perform each for 10-60 seconds) | • Examples:  
| | ○ Flamingo  
| | ○ Dog  
| | ○ Cat  
| | ○ Seal  
| | ○ Make up your own  

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**ACTIVITY CARDS:**

### Core:

#### Super Series
(Perform each for 10-60 seconds)
- Lay on your tummy and lift arms out straight in front of you
- Lay on your tummy and lift legs out straight behind you
- Lay on your tummy and lift both arms and legs out straight

#### Bridge Series
(Perform each for 10-60 seconds)
- Lay on your back with your knees bent and lift your bottom up and lower slowly
- Lay on your back with your knees bent and lift your bottom up and hold
- Lay on your back with your knees bent and lift your bottom up and march your legs up/down slowly

#### Ball Toss
(Perform each for 10-60 seconds)
- Obtain ½ kneeling position and toss a ball back and forth between you and your partner
- Repeat with the other knee up

#### Tap Dance Series
(Perform each for 10-60 seconds)
- Stand behind a stool or the bottom step and alternate tapping with each foot
- Stand behind a stool or the bottom step and step up onto the step and then back down
- Stand to the side of the stool or the bottom step and step up onto the step and then back down

#### Sit to Stand Series
(Perform each for 10-60 seconds)
- Stand in front of a chair, sit down slowly, and stand back up
- Stand in front of a chair, sit down slowly, stand back up and jump
- Stand in front of a chair, sit down slowly, stand back up, and perform 4 standing marches

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ACTIVITY CARDS:

Coordination:

| Jumping Jacks Series | **Jumping Jacks slowly in place**  
| (Set up: Mark 2 spots ~10-20 feet apart) | **Jumping Jacks pattern moving forward**  
| (Perform each for 10-60 seconds) | **Jumping Jacks pattern moving backward**  

| Galloping Series | **Gallop forward from 1 point to another and back**  
| (Set up: Mark 2 spots ~10-20 feet apart) | **Repeat with the other leg leading**  
| (Perform each for 10-60 seconds) |

| March Series | **March in place with arms at hips**  
| (Set up: Mark 2 spots ~10-20 feet apart) | **March in place while bringing your arms up and down**  
| (Perform each for 10-60 seconds) | **March forward with arms at hips**  
| | **March forward while bringing your arms up and down** |

| Jump Rope Series | **Jump forward over the line, turn around and repeat**  
| (Items: Place jump rope on ground, or use a line) | **Jump sideways back and forth over the line**  
| (Perform each for 10-60 seconds) | **Jump forward, then backward over the line**  
| | **Frog jump (bend way down to touch the ground, leap in the air with arms overhead) back and forth over the line** |

| Bear Series | **Bear walk from 1 point to another and back**  
| (Set up: Mark 2 spots ~10-20 feet apart) | **Bear walk around obstacles from 1 point to another and back**  
| (Perform each for 10-60 seconds) | **Bear Run!** |

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