# What's Your Name?

Spell out your full name and complete the activity listed for each letter. For an extra challenge use a friend's name or a family member's name.

**A** Jump up & down 10 times

**B** Spin around in a circle 5 times

**C** Hop on one foot 5 times

**D** Run to the nearest door and run back

**E** Walk like a bear for a count of 5

**F** Do 3 cartwheels

**G** Do 10 jumping jacks

**H** Hop like a frog 8 times

**I** Balance on your left foot for a count of 10

**J** Balance on your right foot for a count of 10

**K** March like a toy soldier for a count of 12

**L** Pretend to jump rope for a count of 20

**M** Do 3 somersaults

**N** Pick up a ball without using your hands

**O** Walk backwards 50 steps and skip back

**P** Walk sideways 20 steps and hop back

**Q** Crawl like a crab for a count of 10

**R** Do a silly dance for a count of 15

**S** Bend down and touch your toes 20 times

**T** Pretend to pedal a bike with your hands for a count of 17

**U** Roll a ball using only your head

**V** Flap your arms like a bird 25 times

**W** Pretend to ride a horse for a count of 15

**X** Try and touch the clouds for a count of 15

**Y** Walk on your knees for a count of 10

**Z** Do 10 push-ups