

Spell out all the people in your house and then complete the exercise for their names e.g., Molly – mega jumps, overhead stretches, 2 lots of lunges and a yoga pose.

Alphabet Exercise

www.TheOTtoolbox.com

arm rolls

butterfly legs

crab walk

duck walk

elephant trunk swing

frog hops

giant leaps

high knees

incline climb

jumping jacks

knee squats

lunges

mega jumps

neck rolls

overhead stretches

push ups

quad stretches

run in place

snake slither

toe touches

under-over maze

vertical wall taps

windmills

**x marks the spot
exercise**

yoga pose

zig zag run