

# WHAT'S YOUR NAME?

SPELL OUT YOUR FIRST NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. YOU CAN EVEN DO YOUR FAVORITE DISNEY CHARACTERS NAME!

**A** JUMP 10 TIMES

**B** SPIN 5 TIMES

**C** HOP ON 1 FOOT 5 TIMES

**D** RUN AROUND THE ROOM 2 TIMES

**E** BEAR CRAWL 5 SECONDS

**F** 3 CARTWHEELS

**G** 10 JUMPING JACKS

**H** 8 FROG HOPS

**I** LEFT FOOT BALANCE 10 SECONDS

**J** RIGHT FOOT BALANCE 10 SECONDS

**K** MARCH LIKE A SOLDIER X 10

**L** 10 ROLLS

**M** 3 SOMERSAULTS

**N** 10 TIPPY TOE BOUNCES

**O** 20 STEPS BACKWARDS

**P** 20 SIDEWAYS STEPS

**Q** CRAB WALK 10 SECONDS

**R** 8 INCH WORMS

**S** 20 TOE TOUCHES

**T** 12 BICYCLES

**U** 8 STARFISH JUMPS

**V** FLAP ARMS LIKE A BIRD 25 TIMES

**W** GALLOP FOR 10 SEC.

**X** WALK ON KNEES FOR 10 SECONDS

**Y** 10 PUSH-UPS

**Z** SQUAT X 10

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