



- Hold a headstand for 20 seconds. What kind of crazy legs can you have? Can you hold them tight together?
- Crab walk around your house 3 times
- Do a bridge and see if you can hold one foot up to the ceiling
- Stand in passe for 10 seconds - if that's too easy, try holding it in releve!
- Do 15 forward rolls - try straddle, tuck and pike varieties
- Do 10 straddle jumps with a "stick, finish"
- Sit down on the floor and lift your feet up to balance on your bottom - how long can you hold it?
- Run in place for 1 minute
- Do 10 teeter-totters (lunge, lift back leg while reaching hands to the floor, then lift back to lunge again)
- Find a safe object to jump over and do 20 jumps over it

JOURNAL: How long did this take you? How many times did you do it?! Was it fun?!

Or DRAW a picture!