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EXERCISE CARD GAME

The idea behind this card game is to help you and your kids to get more active. You can play the game in a few different ways.

Game Directions Version 1: Shuffle the cards, deal out 5 cards laying face down, flip over each card and act out the animal action.

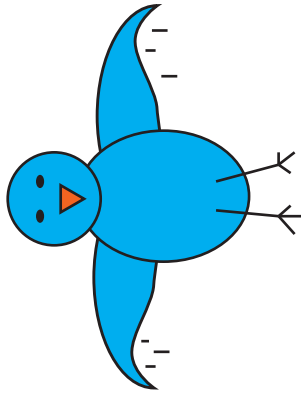
Game Directions Version 2: Shuffle the cards, set deck face down, flip a card and act out the animal action. Do this until you have made it through each card.

Game Directions Version 3: Set a timer for how long you want to exercise. Follow the directions for version 2 but when you get to the end of the deck reshuffle and keep going.

Directions: Print page 2 and 3 of the PDF, cut each card out, and laminate if you wish.

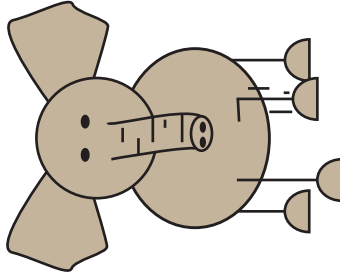
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FLAP



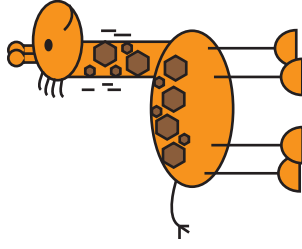
like a bird

STOMP



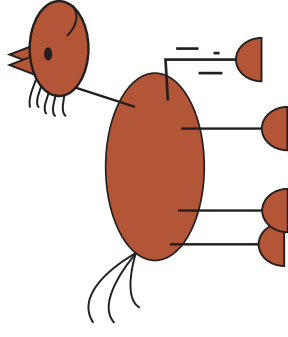
like a elephant

STRETCH



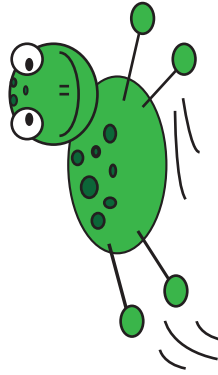
like a giraffe

TROT



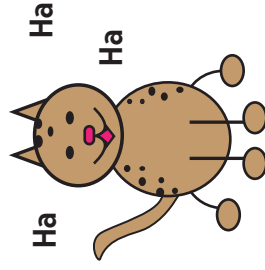
like a horse

JUMP



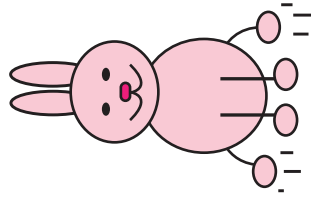
like a frog

LAUGH



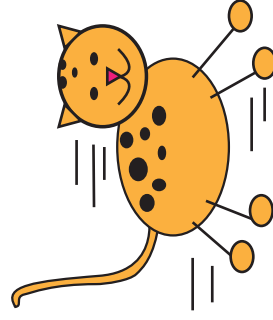
like a hyena

HOP



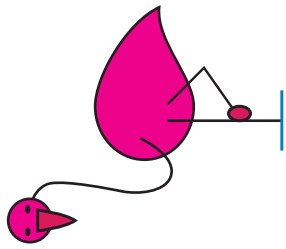
like a bunny

RUN



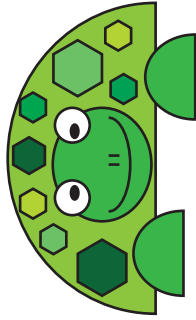
like a cheetah

STAND



like a flamingo

WALK SLOW



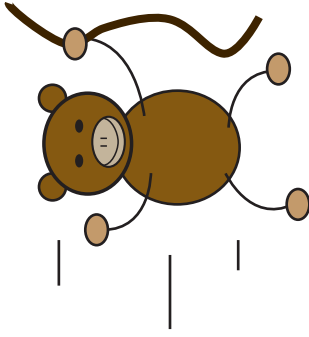
like a turtle

CHOMP



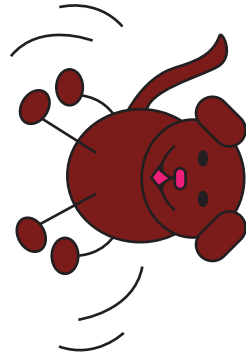
like a alligator

SWING



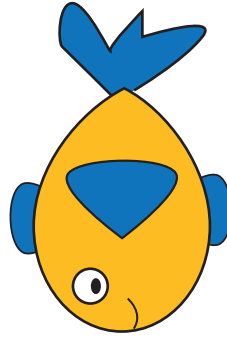
like a monkey

ROLL



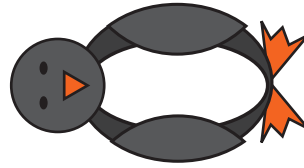
like a puppy

SWIM



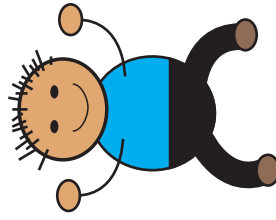
like a fish

WADDLE



like a penguin

DANCE



like a you!