

# Active Learning

By Melinda Bossenmeyer, Ed.D.

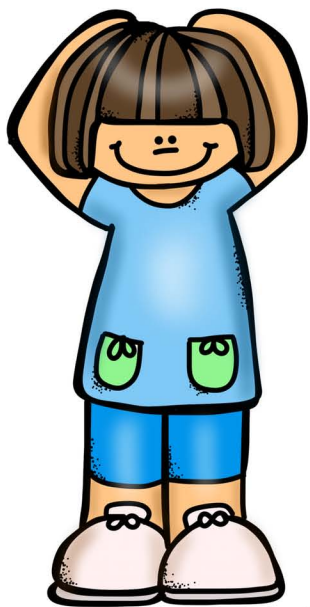


## Exercise Cards

By Dr. Melinda Bossenmeyer







# Exercise Cards

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Arms crossed  
then straight out  
to side 10 times



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## 12 Exercise cards

by Peaceful Playgrounds®

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## Do the Chicken Dance

4 clicks  
4 flaps  
4 wiggles  
4 claps  
repeat



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Toe Touches  
10 times

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Hop in place  
10 times

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Head, shoulders,  
knees and toes  
10 times

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Jump in place  
10 times

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Twist at  
waist  
10 times  
arms at  
shoulders

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Skip in place  
20 seconds

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Cross arms and  
reach around as  
far as possible  
and hold 20  
seconds- switch

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Hands on hips  
windmills  
touching opposite  
toe 10 times

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Click your  
fingers &  
kick 10  
times rt and  
lf feet

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Stretch and  
reach to the sky  
10 times

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Arms at shoulders  
then straight out  
and 5 arms circles  
10 times

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Stomp and clap  
10 times each  
foot

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