



Simon Says

One person is "Simon" who gives the directions. With little ones you can just give directions. With older kids you can play "Simon Says" but they have to listen for "Simon Says" before they can follow the directions or they are out.

Ideas:

- Do 3 jumping jacks.
- Touch your toes 10 times.
- Do 4 knee bends.
- Jump on one foot 6 times.
- Twirl around 3 times.
- Run around the house.
- Hop to the mail box.
- Crawl to the tree.