

## Activities to Get Kids Moving

**Headstands:** A great activity for your core muscles and to get blood going to the brain. Kids are often naturals.

**Animal races:** Hop like a bunny or frog; squat and waddle like a duck; and so on.

**Pillow fight:** No explanation needed.

**Balloon ball:** There are endless ways to play with balloons indoors. Try to keep it off the ground or just play catch.

**Follow the leader:** Add to the workout with energetic movements such as jumping, stomping, and squatting.

