



<p><b>hop</b></p>	<p><b>walk</b></p> <p><b>1</b></p> <p><b>crab walk</b></p> <p><b>20 steps</b></p>	<p><b>1</b></p> <p><b>run in place for 30 seconds</b></p> <p><b>run</b></p>	<p><b>Jump</b></p>
<p><b>walk</b></p> <p><b>1</b></p> <p><b>Bear walk</b></p> <p><b>10 steps</b></p>	<p><b>Gator crawl</b></p> <p><b>8 steps</b></p> <p><b>2</b></p> <p><b>Inchworm walk</b></p> <p><b>5 steps</b></p> <p><b>2</b></p>	<p><b>2</b></p> <p><b>gently touch 6 walls</b></p> <p><b>2</b></p> <p><b>Climbers</b></p> <p><b>30</b></p> <p><b>Mountain</b></p>	<p><b>run</b></p> <p><b>1</b></p> <p><b>Gently touch 8 walls</b></p>
<p><b>1</b></p> <p><b>bounce or catch a ball</b></p> <p><b>1</b></p> <p><b>Ball</b></p>	<p><b>2</b></p> <p><b>Toss to a target</b></p> <p><b>2</b></p> <p><b>toss and catch with a family member</b></p>	<p><b>2</b></p> <p><b>2</b></p> <p><b>Give a helping hand</b></p> <p><b>1</b></p> <p><b>Sneak up on someone special and say "I love you."</b></p>	<p><b>1</b></p> <p><b>Share a toy with a family member</b></p> <p><b>1</b></p> <p><b>Teamwork</b></p>
<p><b>1</b></p> <p><b>toss and catch to yourself 10 times</b></p> <p><b>1</b></p> <p><b>ball</b></p>	<p><b>1</b></p> <p><b>Give someone a smile.</b></p> <p><b>1</b></p> <p><b>Teamwork</b></p>	<p><b>1</b></p> <p><b>Slide</b></p>	<p><b>1</b></p> <p><b>Slide</b></p>

Choose a word from the outside flap. Spell the word and move the cootie catcher every letter.  
 Extra Challenge: MOVE the WORD on the outside flap.  
 If you pick hop, try to hop while spelling the word and moving the cootie catcher.  
 Choose a word from the inside flap. Spell the word and move the cootie catcher every letter.  
 Choose a word and either number 1 or 2. Do the activity under the flap that matches the number picked.