

CHANGING SEASONS TASK CARD

Dice Says	Group Exercise
1 (WINTER)	Balance a snowball (yarn ball) on a body part for 20 seconds.
2 (SPRING)	Jump like a bunny in the field 10 times. (The field is the center of the activity area.)
3 (SUMMER)	Crabwalk around a seashell (bean bag) 5 times.
4 (FALL)	Throw leaves (yarn ball) into the air 20 times. How many times can you catch them on their way down?
5 (ORBIT)	Orbit around the sun 1 time. (Gallop or skip 1 lap around the cones.)
6 (SUN)	The sun is a star. Celebrate the sun with 10 star jumps.

