



# ACTIVE CLASSROOM

## ACTIVITY CARDS



### EXERCISE WORD SCRAMBLER

- Use the letters on the Word Scrambler Card to create and list the names of as many physical activity choices as you can.
- If you list an exercise that we can do in our personal space, we'll complete that exercise for 15 seconds. If more than 1 person has the same exercise on their list, we'll complete 30 seconds.
- Score a point for each valid name and a bonus point if you name an exercise that appears on another list.

**GRATITUDE:** A feeling of thankfulness and appreciation.

*Ansh expressed **gratitude** to his friends for their support when he broke his arm.*

