







ORANGE 


RED 


BLUE 


PURPLE 


1 Call a grandparent on the phone. 


2 Drink a small cup of water - all of it! 


3 Play your favorite song and dance to it. 


4 Touch all the walls in the room. 


5 Hug your knees. 


6 20 jumping jacks or run up and down steps 5 times. 


7 Make a funny face in the mirror. 


8 Find 5 things that are the same color. 


1 Tell someone a nice thing about them. 


2 Name 3 interesting things you see outside. 


3 Wash your hands! 


4 Act like an animal. 

5 Tuck and roll! 

6 Touch your toes. 

7 Roll a ball across the room with your nose. 

8 Pick up a toy in this room and put it away. 



YELLOW 

7 

8 

GREEN 

6 

20 jumping jacks or run up and down steps 5 times. 

Reach your arms high above your head 10 times. 

Write a letter to a friend and mail it! 

Open a book to a page and read 1 sentence. 

Call someone on the phone. 

5 

Share an interesting story with friends. 

Try this "Crow" pose. 

Make a little movie to share with friends. 

Wash your hands! 

Go for a walk. (Circle the room if you can't go out.) 

Drink a small cup of water - all of it! 

4 

Write & recite a simple poem. 

3 

Dance to a song you love. 

PINK 

BROWN 

