

# Exercise with your name

Spell your name and do the exercise for each letter.

Next time, try your friend's name or the name of each family member.

*More activities on [Fanson.net](http://Fanson.net)*

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| <b>A</b> Pick up a ball without using hands. | <b>N</b> Balance on your left foot.           |
| <b>B</b> March around like a soldier.        | <b>O</b> Hop on one foot 10 times.            |
| <b>C</b> Touch head and shoulders 10 times.  | <b>P</b> Run to the front door and back.      |
| <b>D</b> Turn around 5 times.                | <b>Q</b> Walk like a bear around the room     |
| <b>E</b> Do 5 jumping jacks.                 | <b>R</b> Hop like a frog 10 times.            |
| <b>F</b> Do 5 squats.                        | <b>S</b> Do 10 jumping jacks.                 |
| <b>G</b> Do 10 pushups.                      | <b>T</b> Do a somersault.                     |
| <b>H</b> Bounce a ball 10 times.             | <b>U</b> Crawl like a crab.                   |
| <b>I</b> Stomp like an elephant.             | <b>V</b> Flap your arms like a bird 10 times. |
| <b>J</b> Walk with a book on your head.      | <b>W</b> Do 10 pushups.                       |
| <b>K</b> Balance on your right foot.         | <b>X</b> Walk on your knees across room.      |
| <b>L</b> Jump up and down 10 times.          | <b>Y</b> Pretend to ride a horse around room. |
| <b>M</b> Hop like a frog 10 times.           | <b>Z</b> Do a silly dance and count to 20.    |