

Elbow to Elbow

Toss Cloth Napkin from one elbow to the next without dropping.

Option: How many times can you toss without dropping?



Twister

“Twist” without stopping through a whole song.

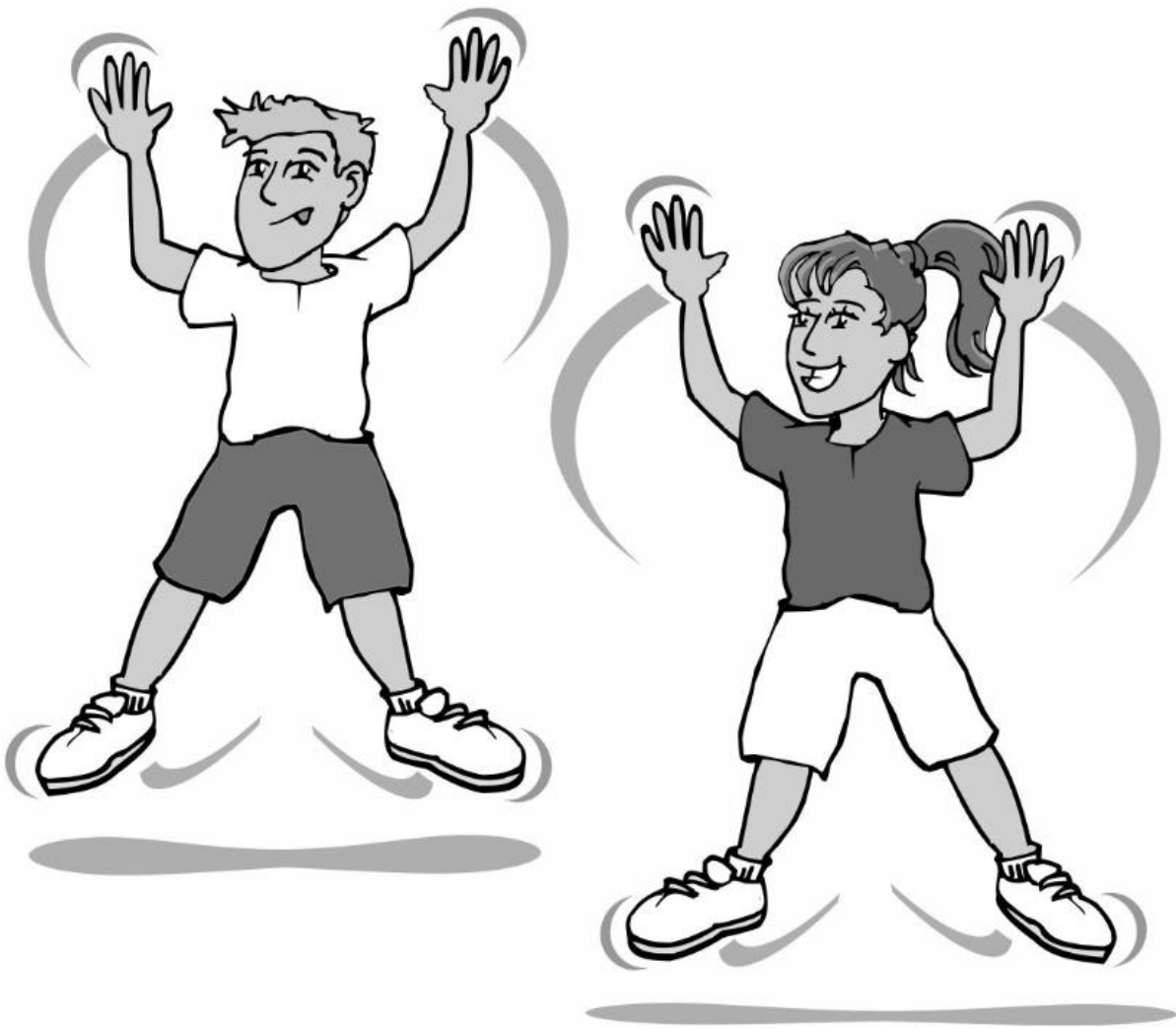
Option: Can you “Twist” Through TWO Songs?



Jumping Jacks

Complete 10, 20 or 30 Jumping Jacks

Option: How Many Can You Do in 1 Minute?



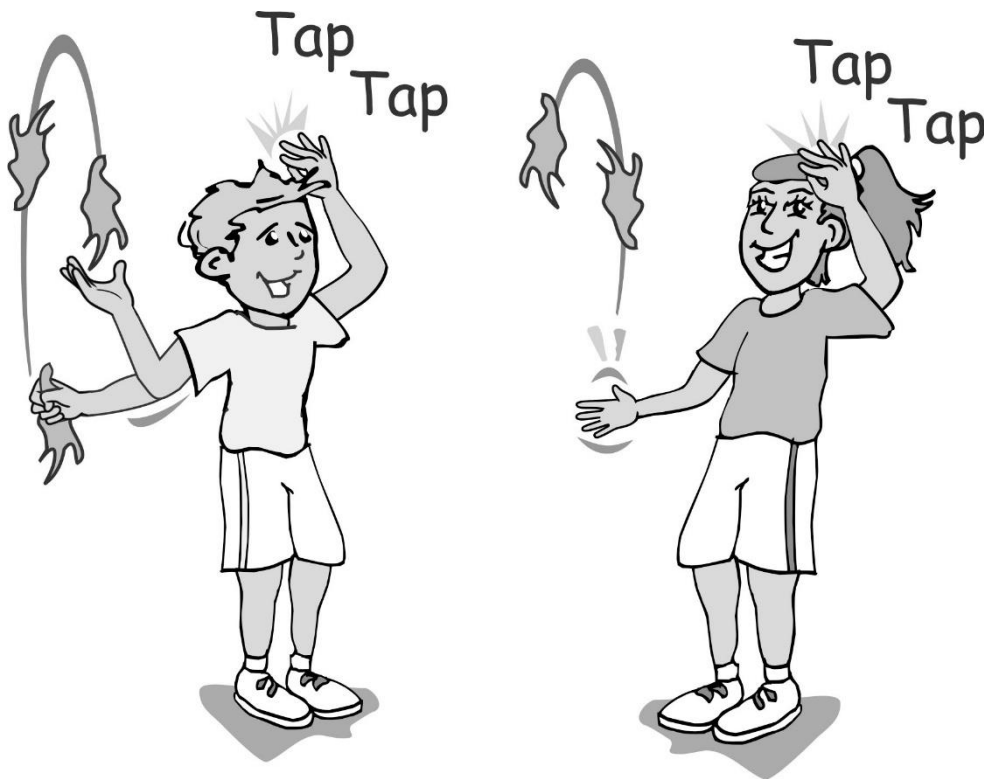
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Head Tap

Toss cloth napkin with one hand and tap head twice with other hand (10 times).

Toss cloth napkin and tap head twice with SAME hand (10 times).

Option: How Many Times Can You Tap Your Head After Tossing the Cloth Napkin with the Same Hand Before the Napkin Hits the Floor?

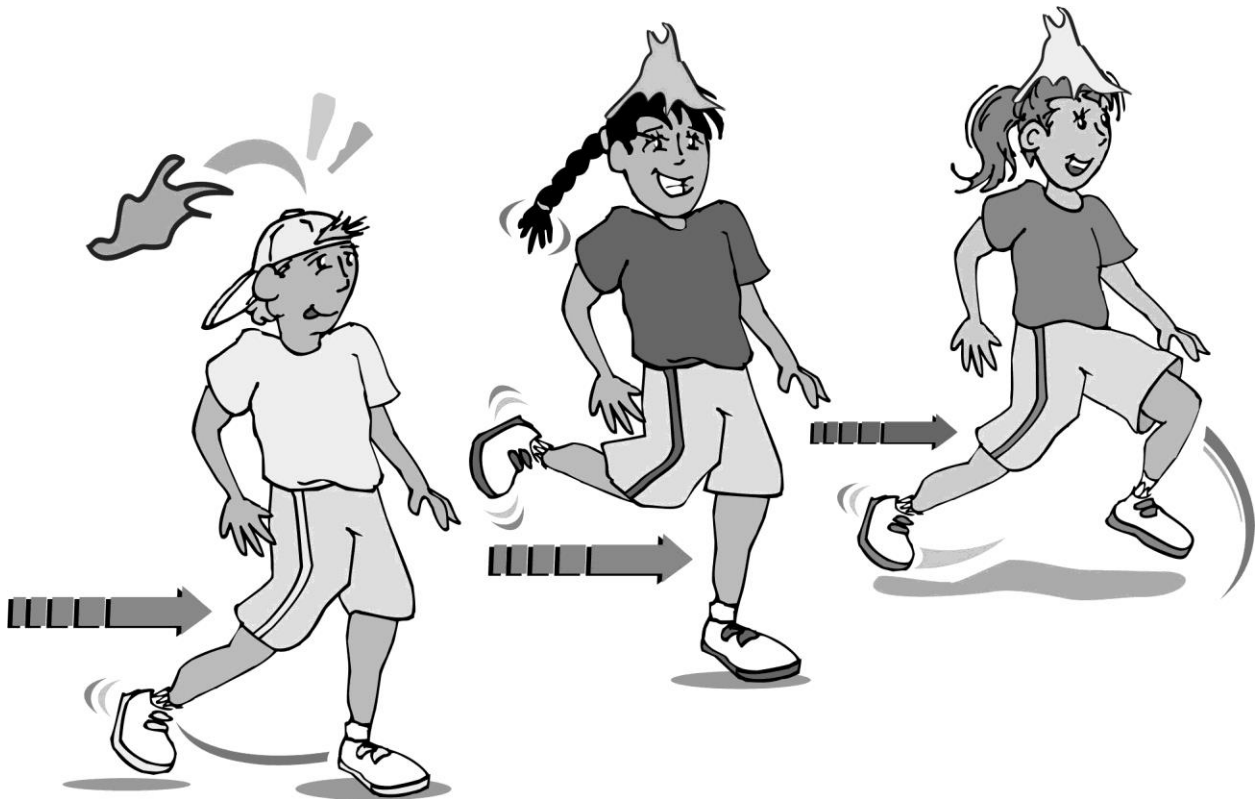


Cloth Napkin Race

Find a safe place to race. Fast walking is appropriate in the house.

First person to go from one end of the living room to the next, wins.

Option: Can You Keep the Napkin on Your Head and Skip Instead of Walk Fast?



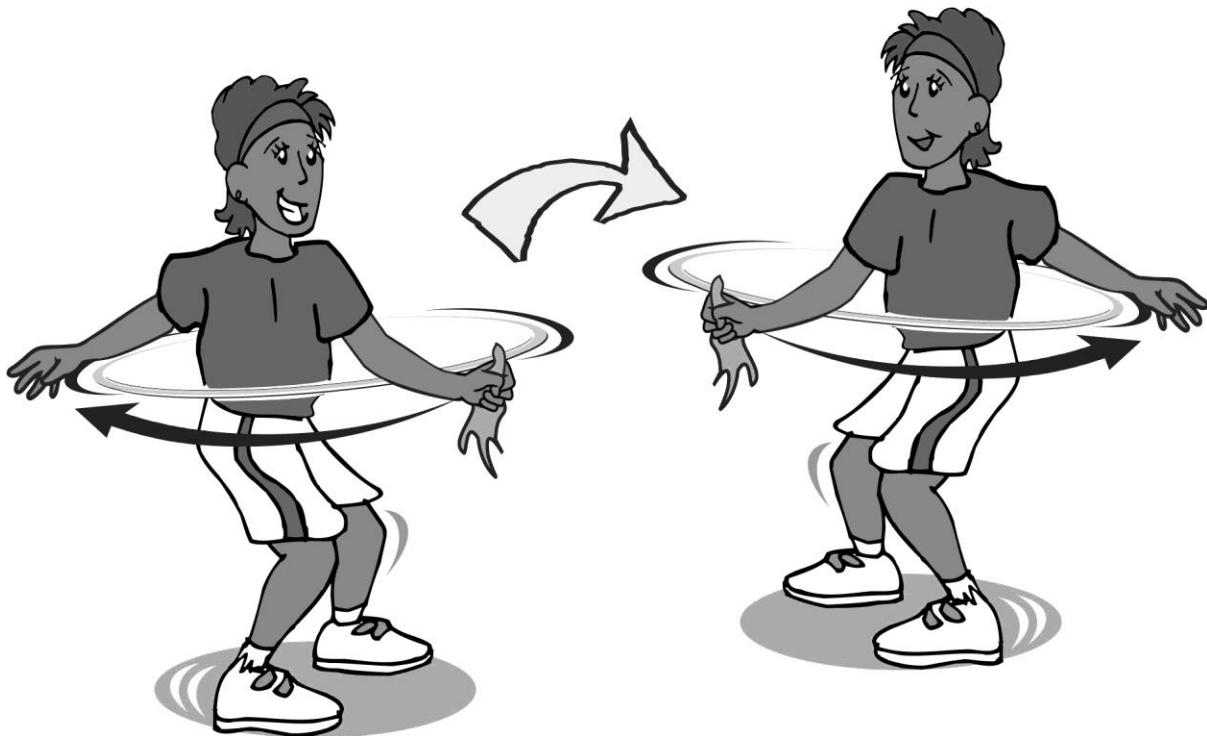
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Around the Waist

Rotate the Cloth Napkin around your waist 10 times

Rotate the Cloth Napkin around your knees 10 times

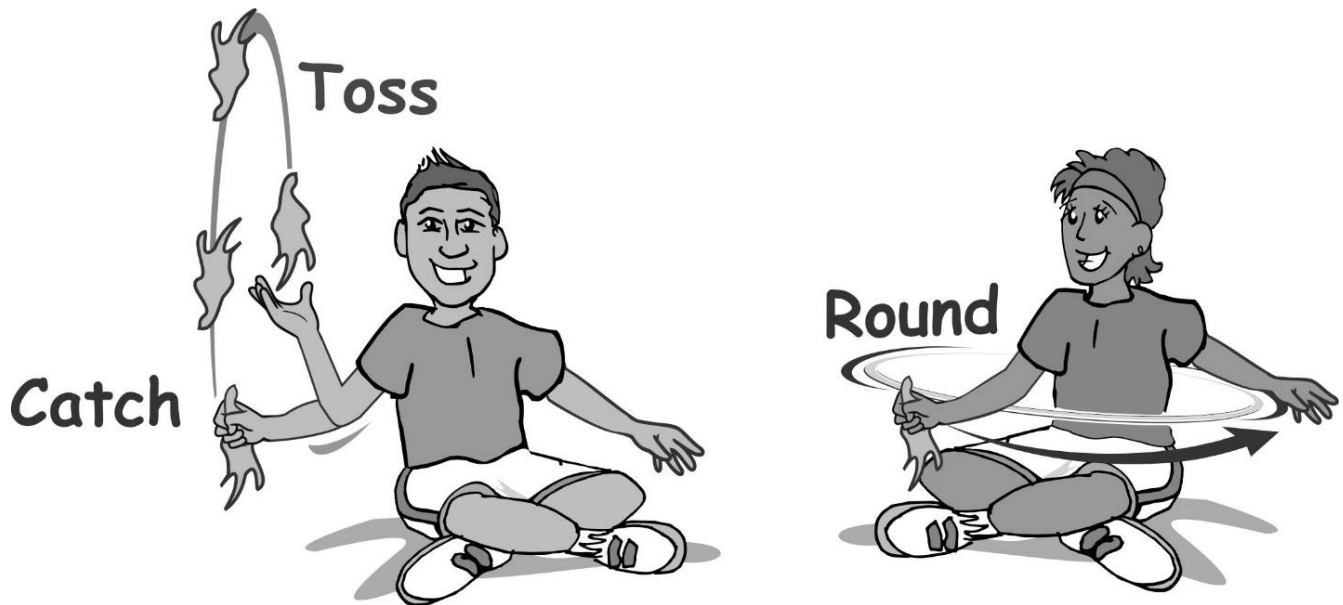
Option: How many times can you rotate the Cloth Napkin around your waist for 15 seconds? How about your knees?



Around & Toss

Sit Down, rotate Cloth Napkin around your waist then toss Cloth Napkin from one hand to the other hand in front of your body. Repeat 10 times.

Option: Challenge Yourself. See How Fast You Can Do This Activity Without Making a Mistake?

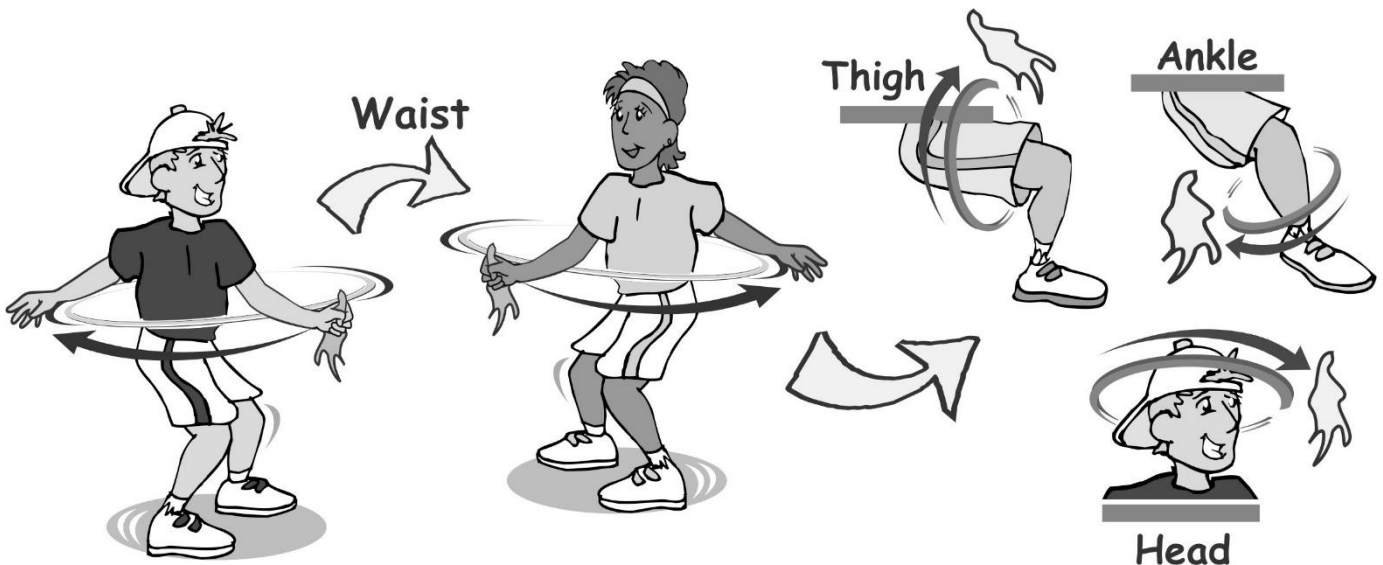


Circle Pattern

Rotate once around **head**, then rotate once around **waist**, then rotate once around one **thigh**, then the **other thigh**, then around **one ankle** and then the **other ankle**. Repeat.

How Fast Can You Go?

Option: Try starting at the ankles and going all the way up to head (backwards).



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Quick Hands

One cloth napkin between two children. Children are standing with feet shoulder width apart, knees bent, with hands on their temples (**Children can squat down as low as it shows in image, but they don't have to*).

Start by Parent yelling; “Ears”, and then the children quickly move their hands to their “ears”. Then the parent yells; “Eyes”, the children move their hands quickly to their “eyes”. The parent continues picking various spots for the kids to move their hands. At one point the parent will yell; “GO”! That’s the signal for the child to grab the cloth napkin. First child that grabs it, wins. Repeat!

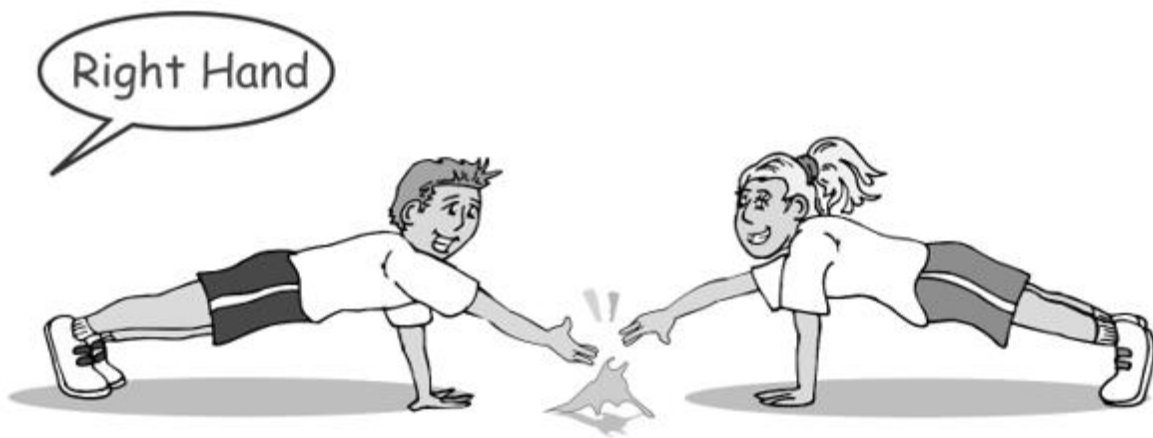
Option: Parent – try yelling; “Right”, “Left”, or “Both”. Your Kids must grab the cloth napkin with the right hand, left hand or both hands. (more difficult).



Plank Grab

Children face each other on their hands and toes with cloth napkin in between them. Parent will yell; “*Right*” or “*Left*” and the first child to grab the cloth napkin with their **right** or **left** hand, wins.

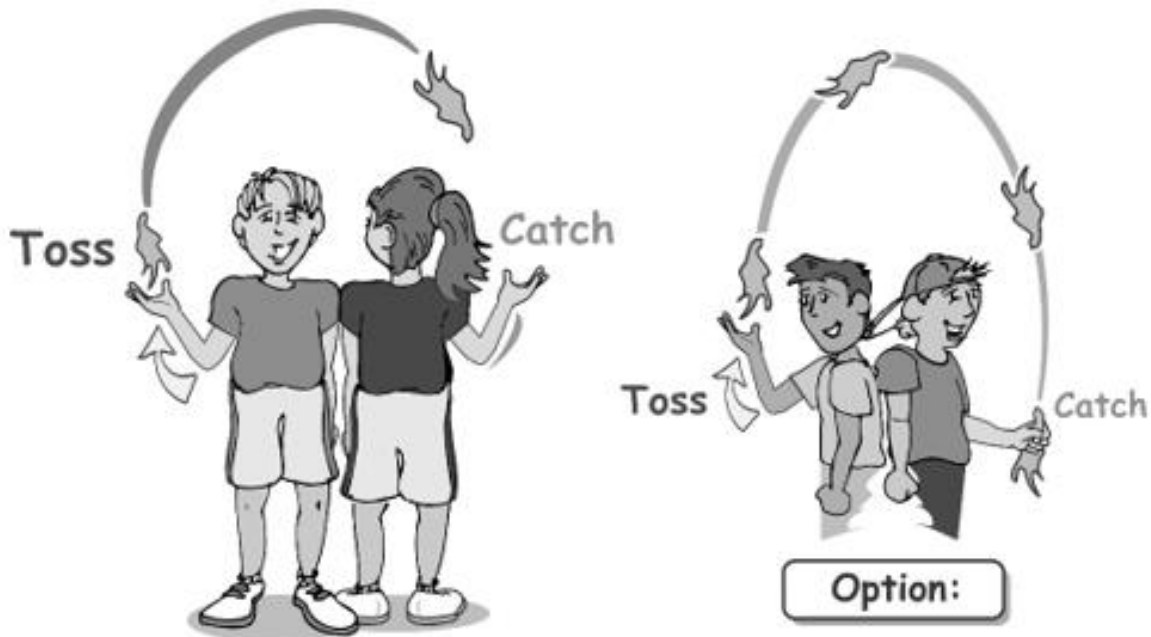
If it's too hard for children to do this on their toes, have them move to their knees.



Creative Tosses

One cloth napkin between two kids. Kids put their left shoulders together and toss cloth napkin with their right hand over their heads, back and forth. Complete 10 times. Repeat with left hand (right shoulders are together).

Option: Backs are together. Toss scarf over the head and partner must react and catch it before it hits the floor.



Back and Forth

The whole family can participate in this activity! Everyone gets on their hands and toes (*hands and knees if needed*). You can use a tennis ball, beanbag, or the cloth napkin (more difficult).

Roll the object back and forth to everyone participating
(Complete 10, 15, or 20 times)

Option: Have a Contest to See How Many Times You Can Roll the Object Back and Forth Without Making a Mistake.

