

# Workout for Kids

**Try These  
Exercises for  
a Break Time  
Workout**



**1 Walk on Spot**



**2 Turn Around**



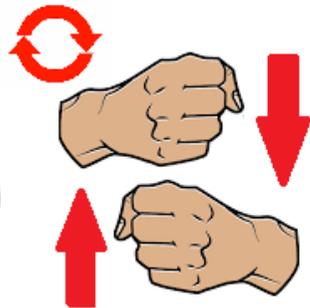
**3 Touch Your Toes**



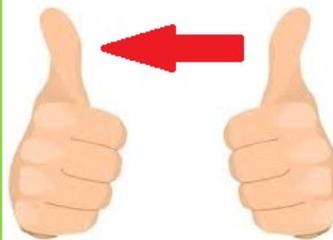
**4 Stretch**



**5 Tap Your Legs**



**6 Tap Your Fists**



**7 Thumbs Left**



**8 Thumbs Right**



**9 Roll Your Arms**