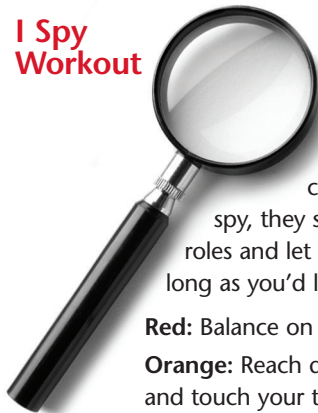


## I Spy Workout



Play a game of “I Spy” with your preschoolers. When you spy an object of a certain color, do one of the following exercises, depending on what color you spy. Once children correctly guess the object you spy, they should do the same exercise. Switch roles and let a child “spy” next, and continue as long as you’d like to play!

**Red:** Balance on one leg.

**Orange:** Reach down and touch your toes.

**Yellow:** Hop in place.

**Green:** Do 10 arm circles.

**Blue:** Reach your arms to the sky.

**Purple:** Squat to the ground.

**Black:** Do a frog jump.

**White:** Do 10 curls with water bottles.

**Brown:** Jog in place.