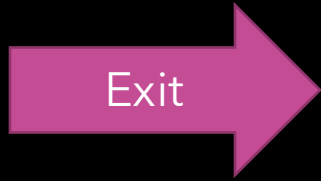


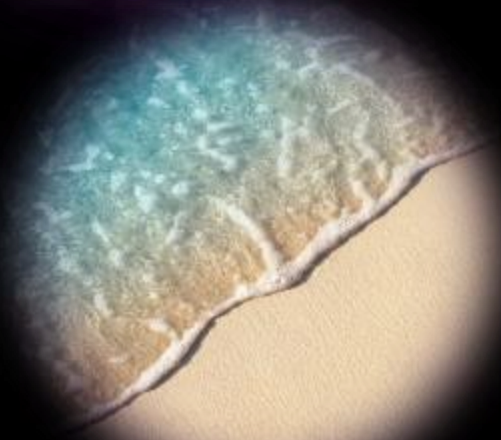
4th of July

FUN AND GAMES



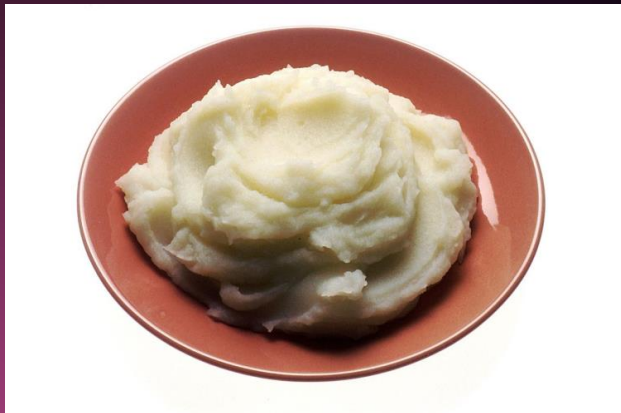


Who wants to
celebrate?
Click a picture
to get started



It's time for a BBQ!

Menu



Slice the tomatoes

Menu



Do 5 chops to each side



Open the hot dog buns

Menu



Hold boat pose for a count of 5



Let's get some tongs

Menu



Do 5 jumping jacks



Turn the hot dog so it doesn't burn

Menu

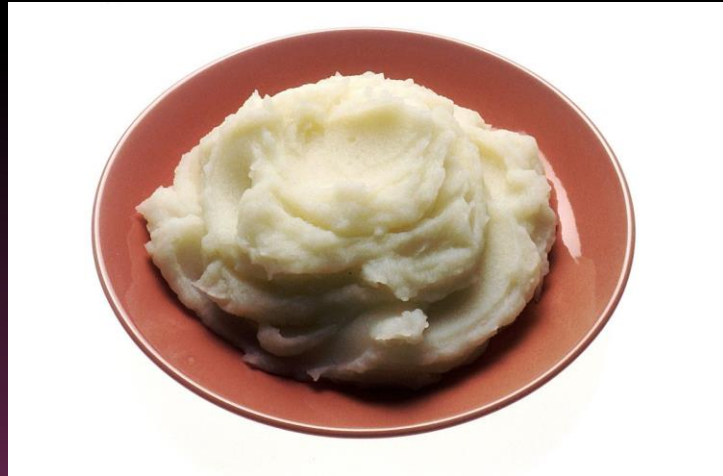


Log roll across the room to the right and left



We need to mash the potatoes

Menu



Stomp 10 times



Do you want some cheese?

Menu



Hold a plank



Let's go to the beach!

Menu



Make sure you jump over the waves

Menu



Do 5 jumps



Let's dig a hole

Menu



Squat 5 times



Surf's Up!

Menu



Surfing lunge 5 times on each leg



Is it harder running in sand?

Menu



Run around the room



Let's go boogie boarding!

Menu



Lift your arms and legs for a
count of 5



Watch out for crabs!

Menu

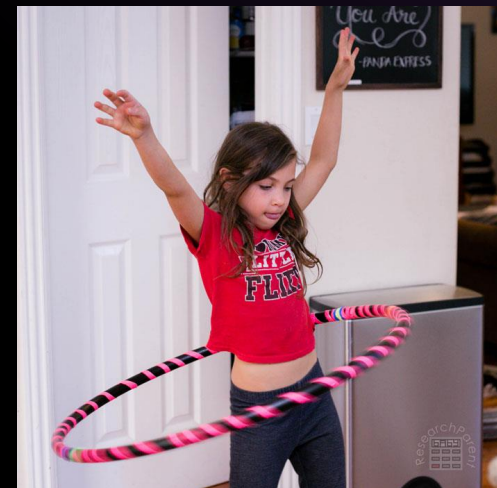


Crab walk 5 steps in all directions



Time to play games:

Menu



Time for some basketball

Menu



Squat and shift 5 times to each side



Throw the frisbee

Menu



Throw the frisbee 5 times on
each side



Kick the soccer ball

Menu



Move your feet as fast as your
can



Roll the bocce balls

Menu



Do a forward roll OR turn in a circle 5 times



Spike the volleyball

Menu



Leap for the ball 5 times on
each side



Let's take the hula hoop for a spin

Menu



Circle your hips 5 times each way



Happy Birthday America

Menu



The Statue of Liberty stands tall

Menu



Stand like the Statue of Liberty
for a count of 5 on each side



The flag is flying in the wind

Menu



Wave the flag 5 times to each side (half or tall kneel)



The bald eagle is flying in the sky

Menu



Fly like a bird on each side





Do 5 Star Jumps

Enjoy the Fireworks!

