

Active Kids

- +Cosmic Yoga
- +Fluency & Fitness (21 days free)
- +gonoodle.com (*SO many options*)
- +KooKoo Kanga Roo
- +Go on a nature walk
- +YouTube Kidz Bop
- +Scavenger hunt inside or outside
- +Jazzercise on Demand (60 days free)
- +Zumba (on goonoodle)
- +Set up obstacle course outside
- +UNICEF Kid Power App
- +Adventure 2 Learning (free 14 days)
- +PopSugar Fitness (kids do your workout)
- +Create your own workout to a song then teach it to everyone else
- +CrossFit Kids at home- *make up your own*
4 rounds of 10 reps-
jumping jacks/sit-ups/air squats/push-ups

@nestingwithgrace