

# Which Temperature

Exercise the Answer with Movement Breaks



By Greater Richmond Fit4Kids

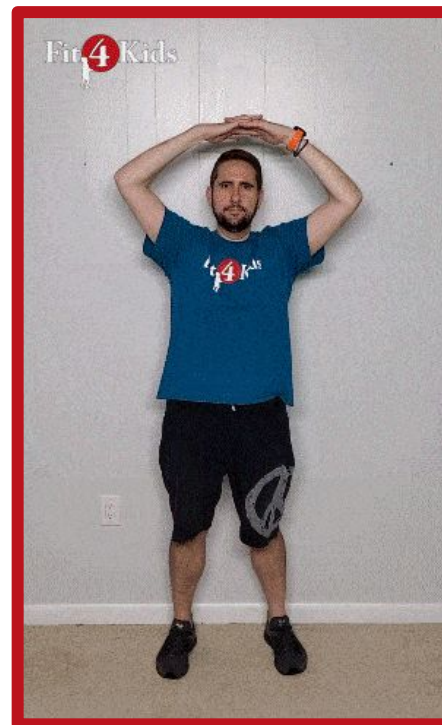
[www.grfit4kids.org](http://www.grfit4kids.org)

- 1) Think about it
- 2) Tap your head
- 3) Exercise your answer





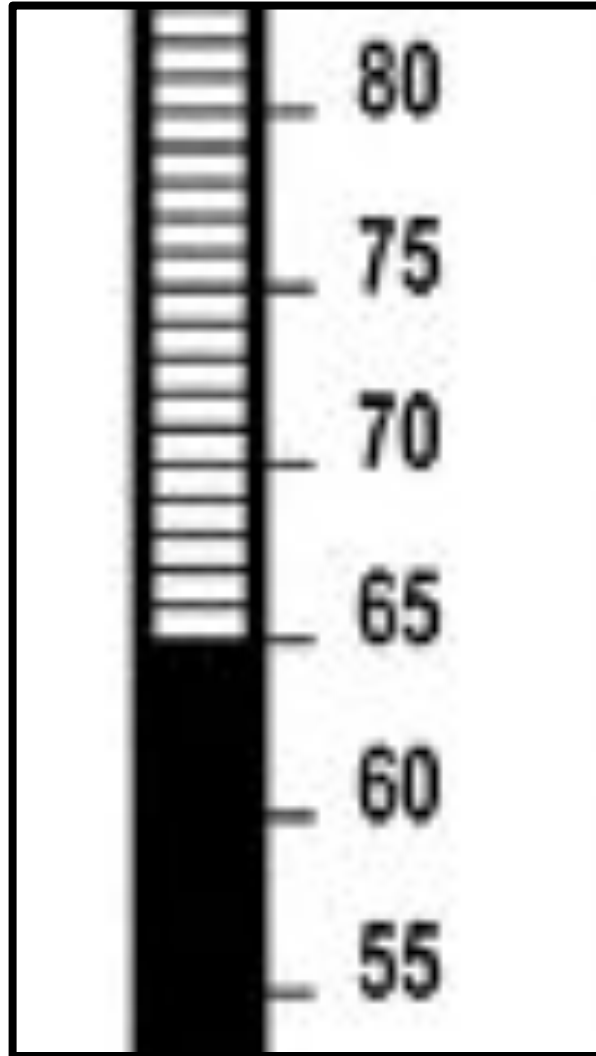
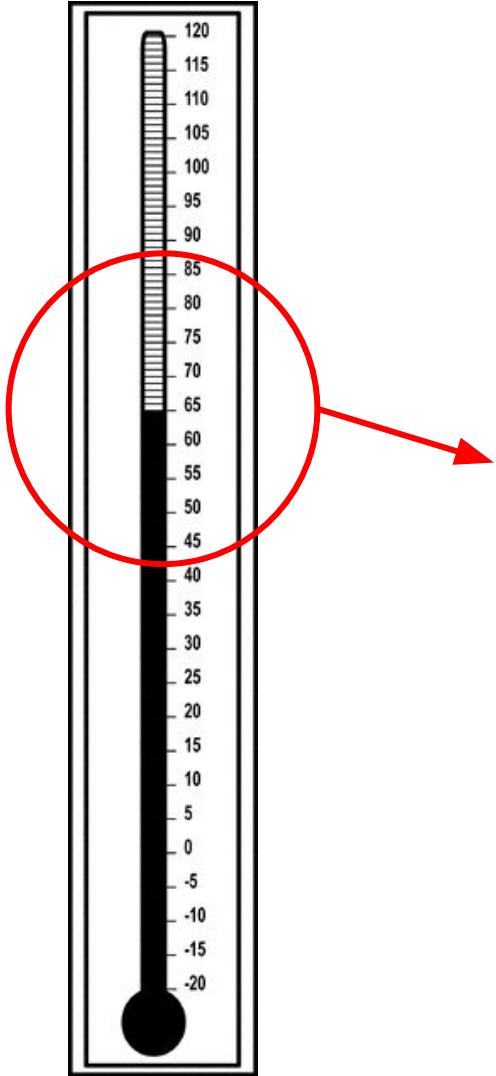
Cross Crawl



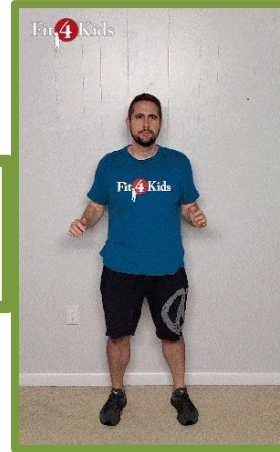
Side Bends



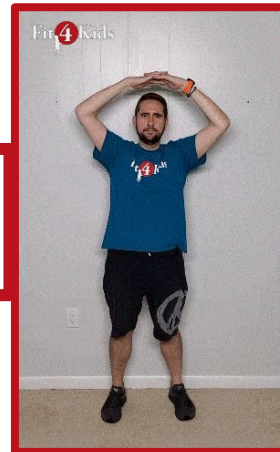
# Think, Tap, Move



75



65





Side Lunges

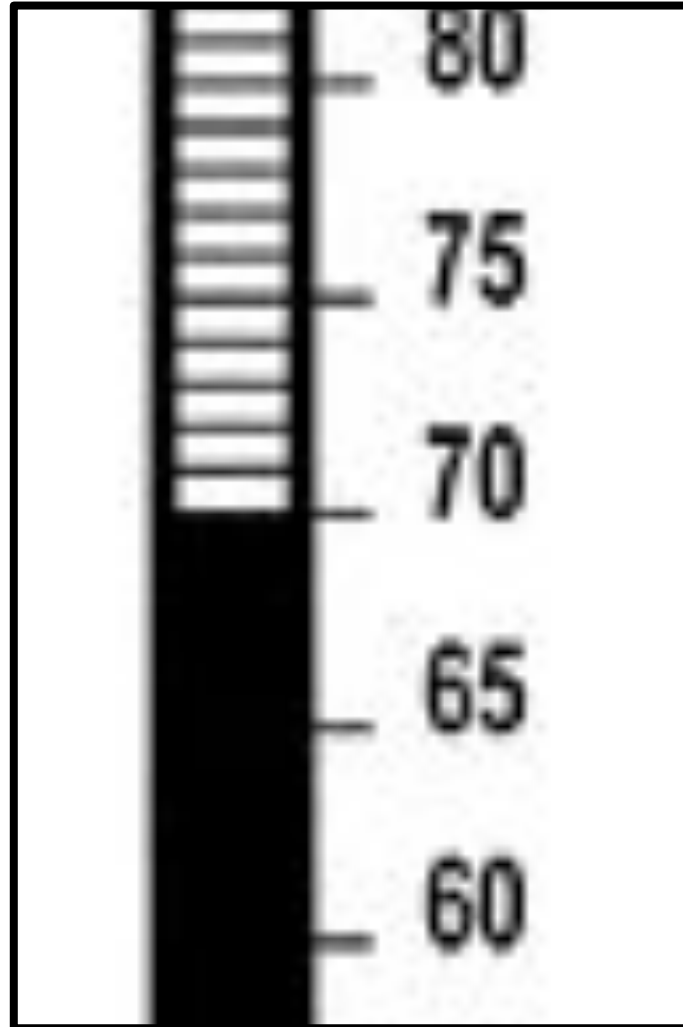
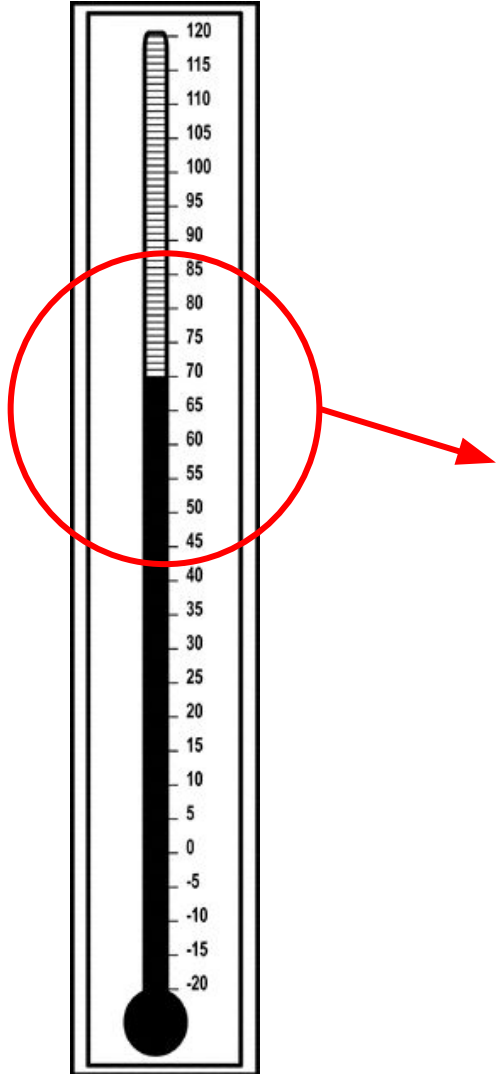
or

DANCE PARTY

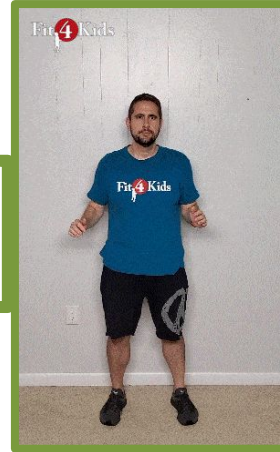




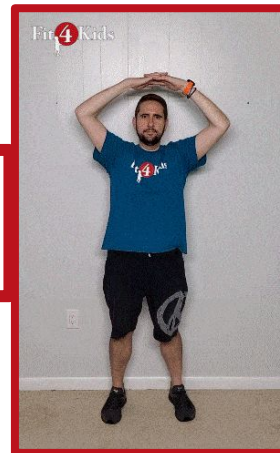
# Think, Tap, Move



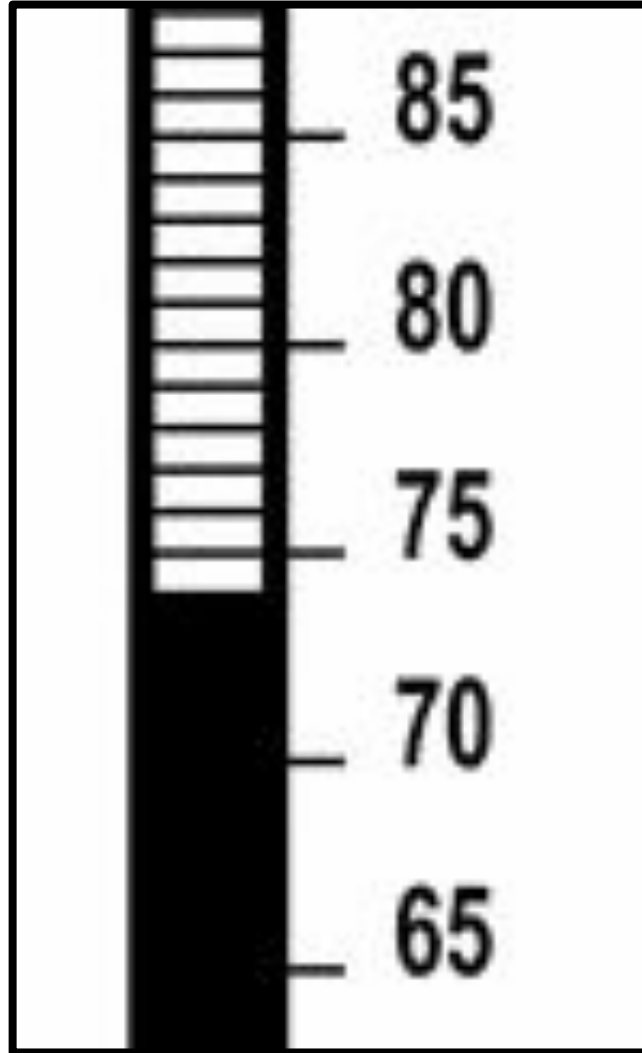
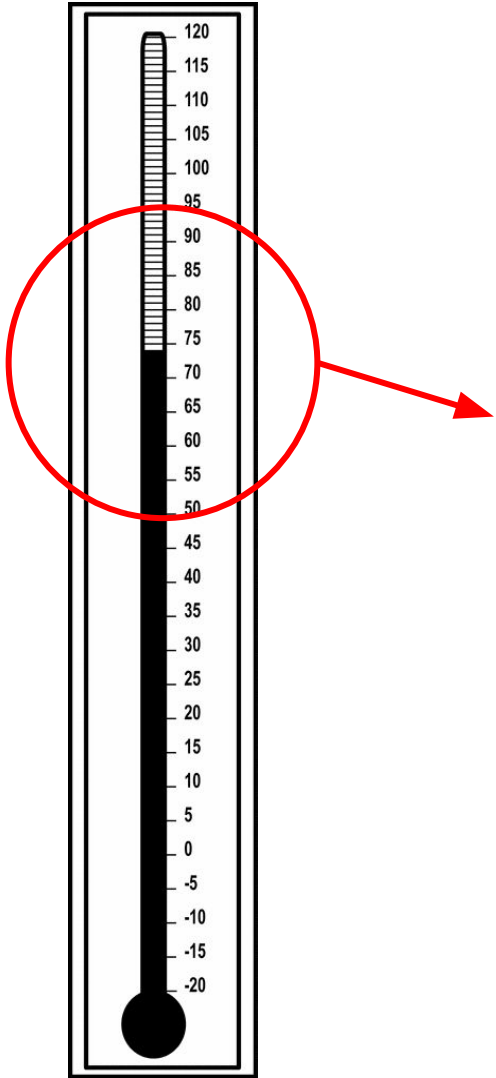
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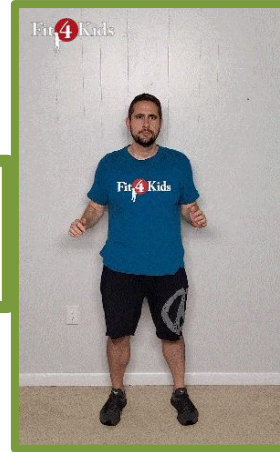
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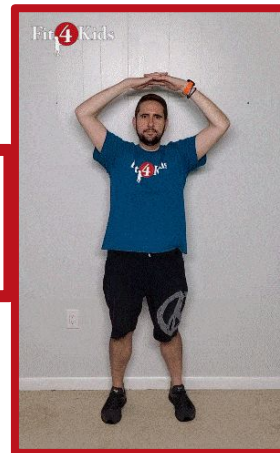
# Think, Tap, Move



74



65





or

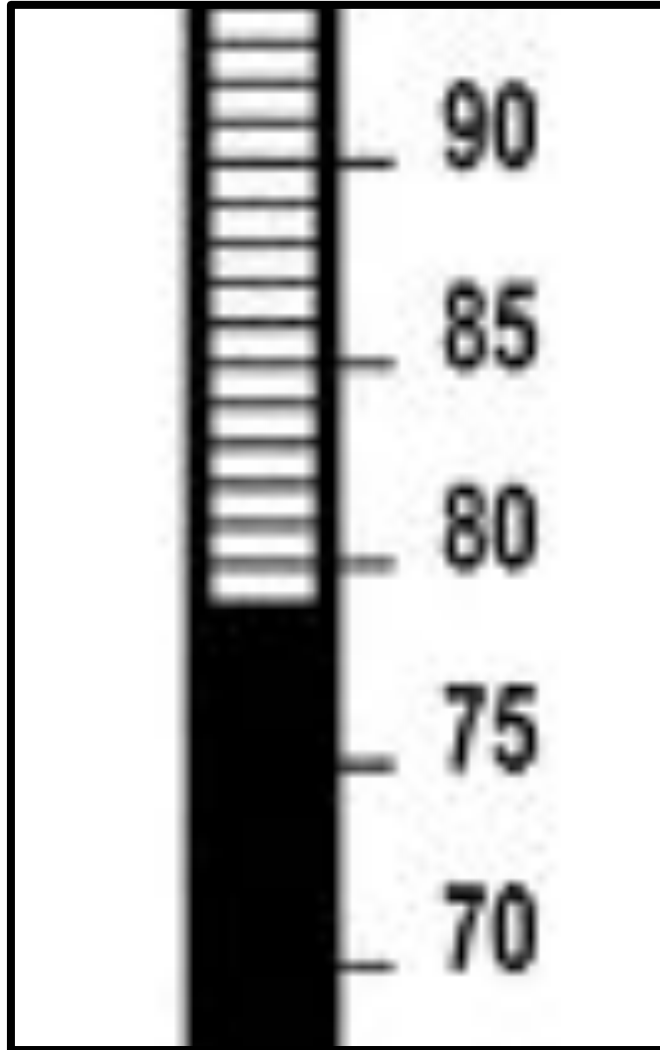
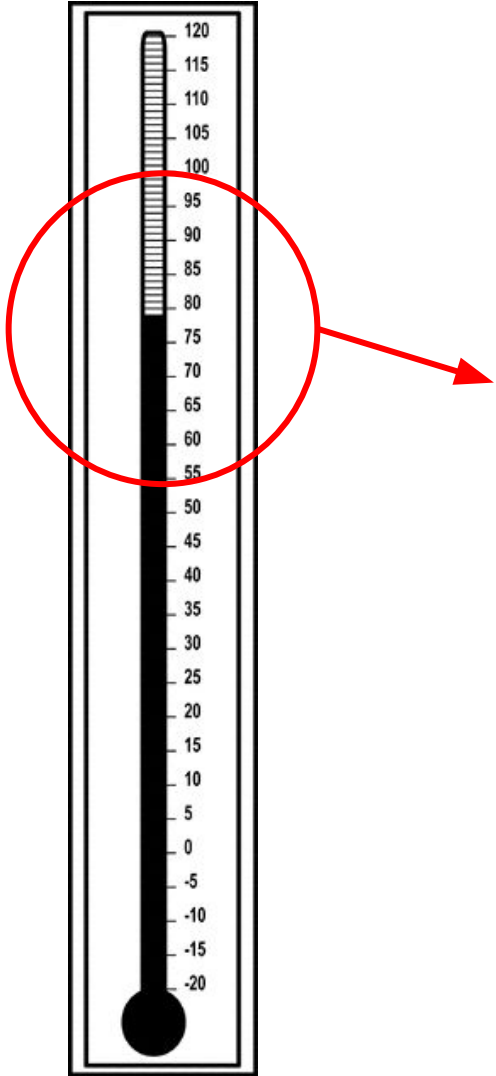
# DANCE PARTY



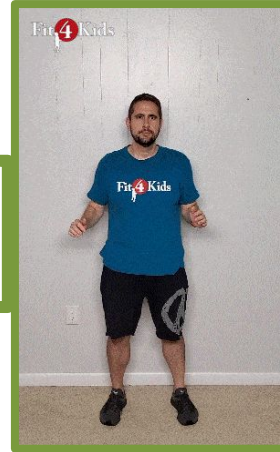
## Lateral Raise



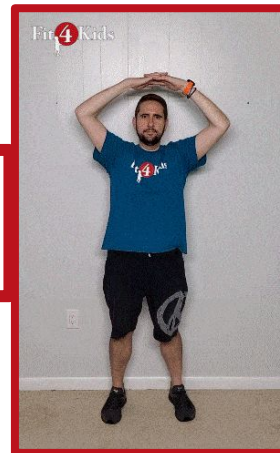
# Think, Tap, Move



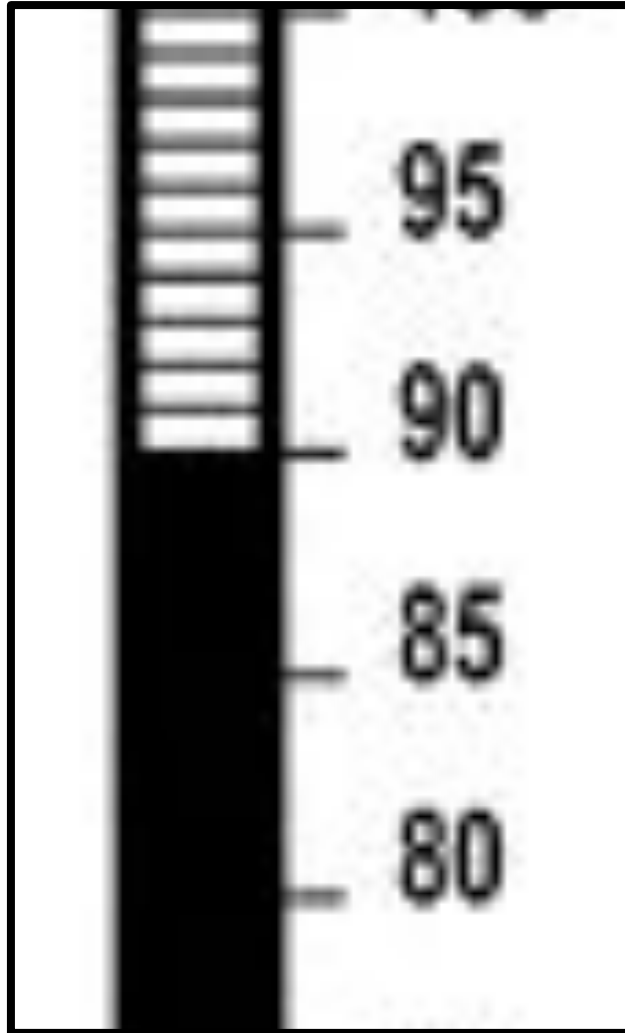
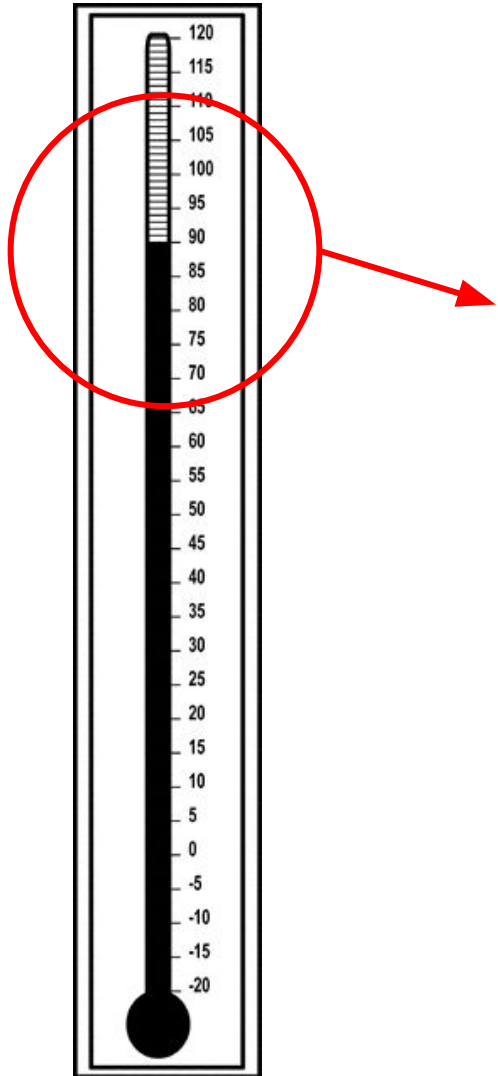
90



79



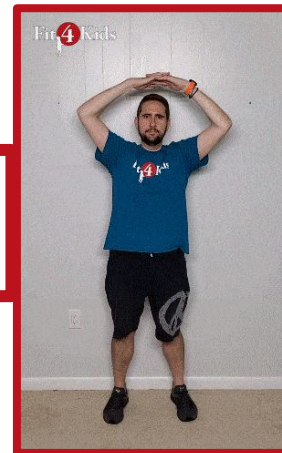
# Think, Tap, Move



95



90





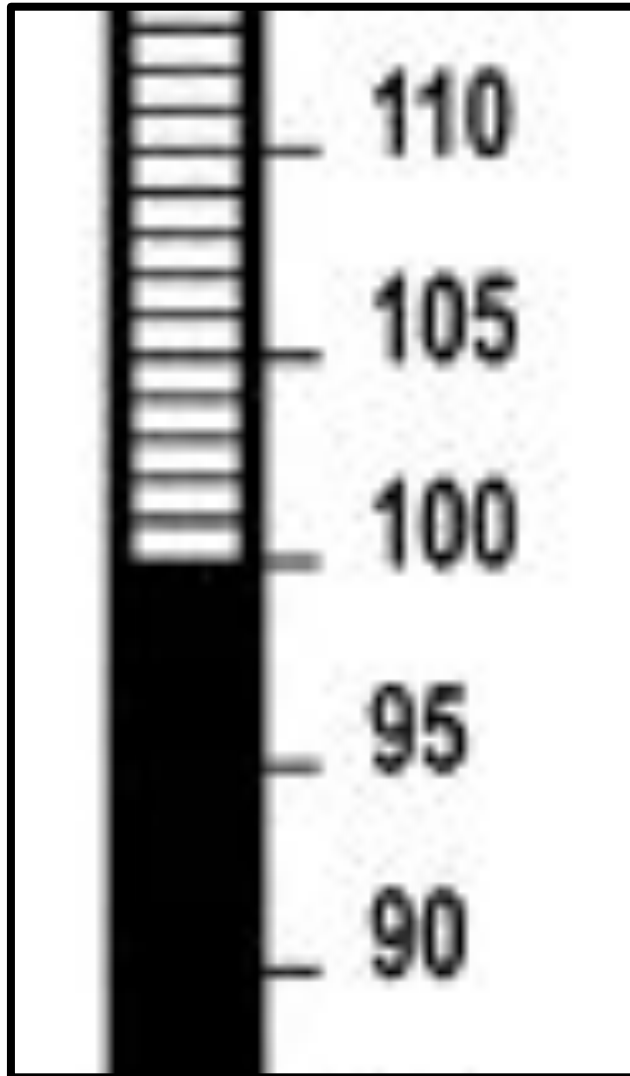
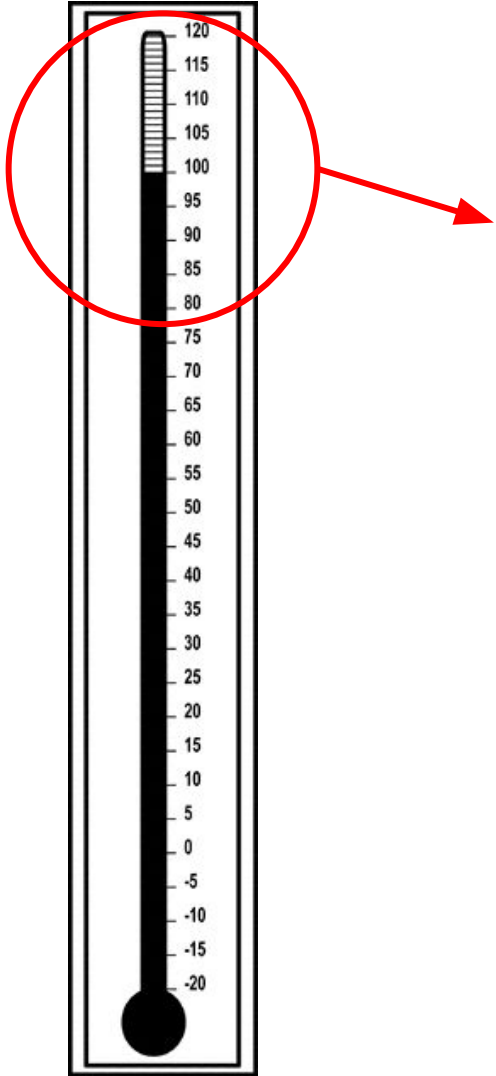
Squat Jumps

or

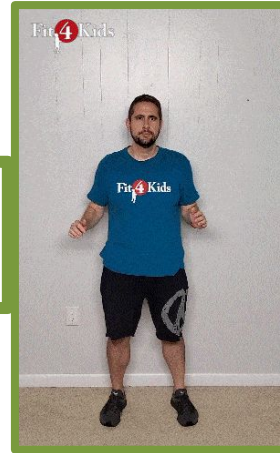
DANCE PARTY



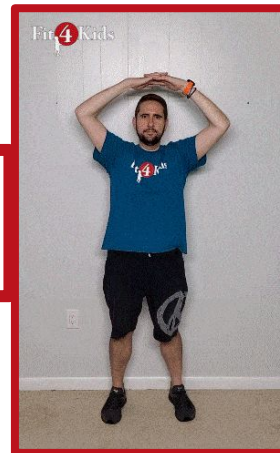
# Think, Tap, Move



100

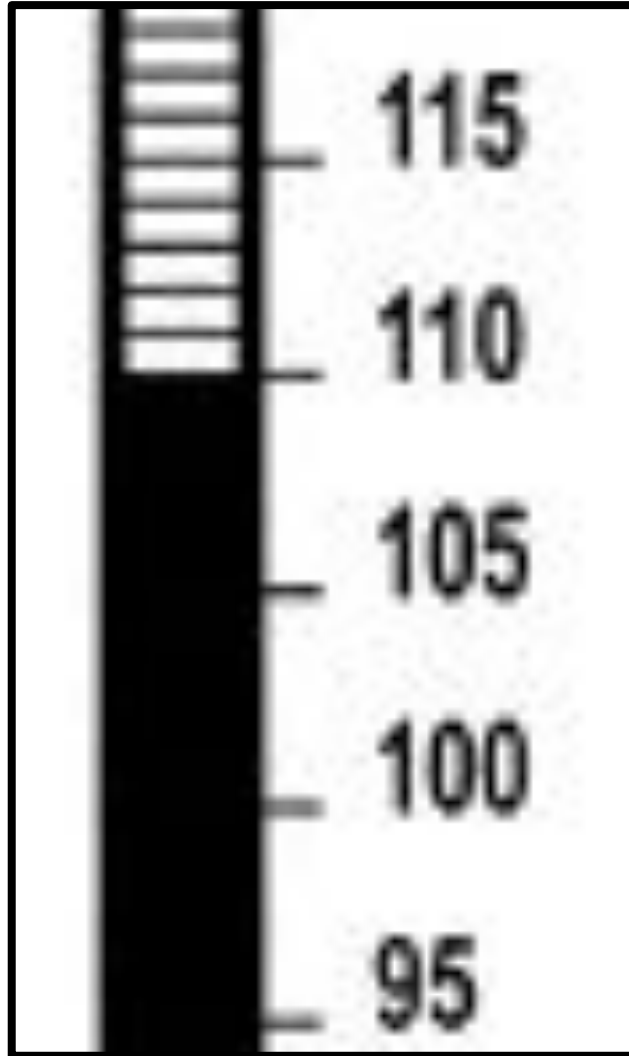
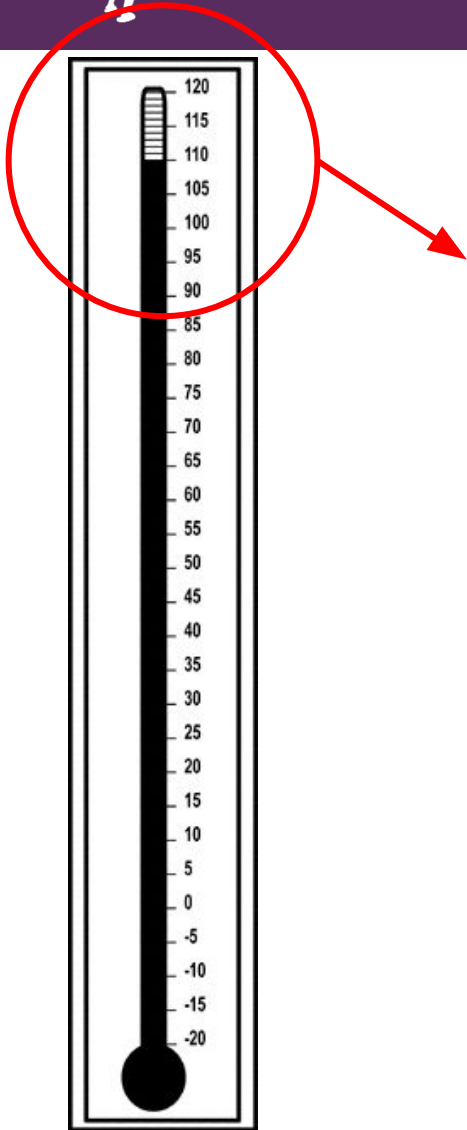


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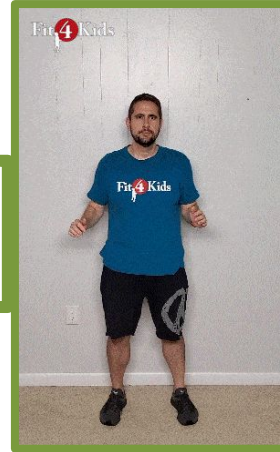




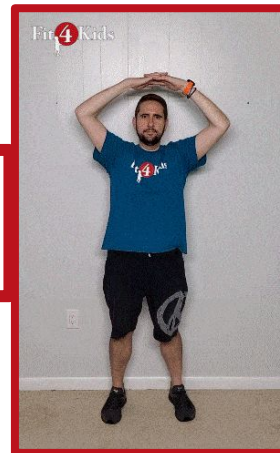
# Think, Tap, Move

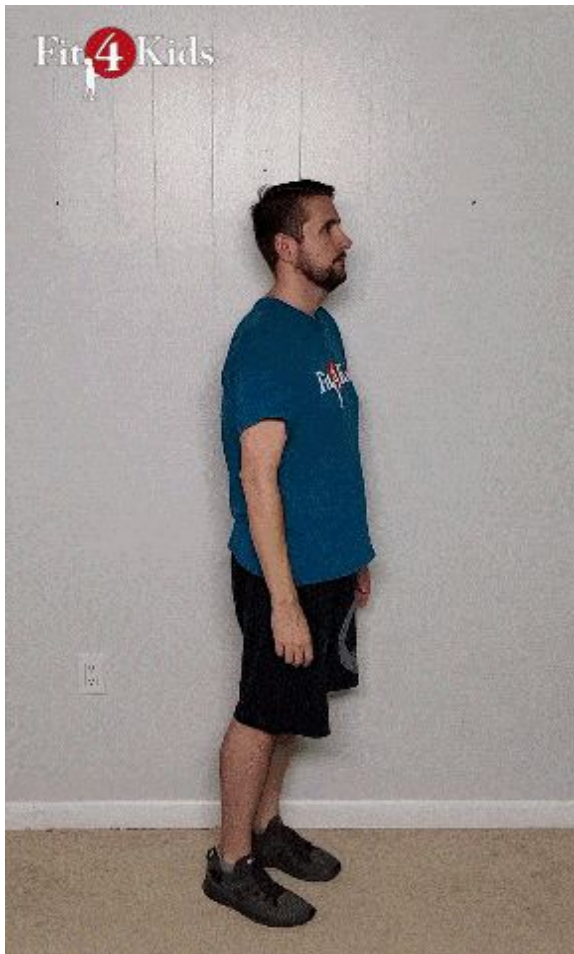


115



110



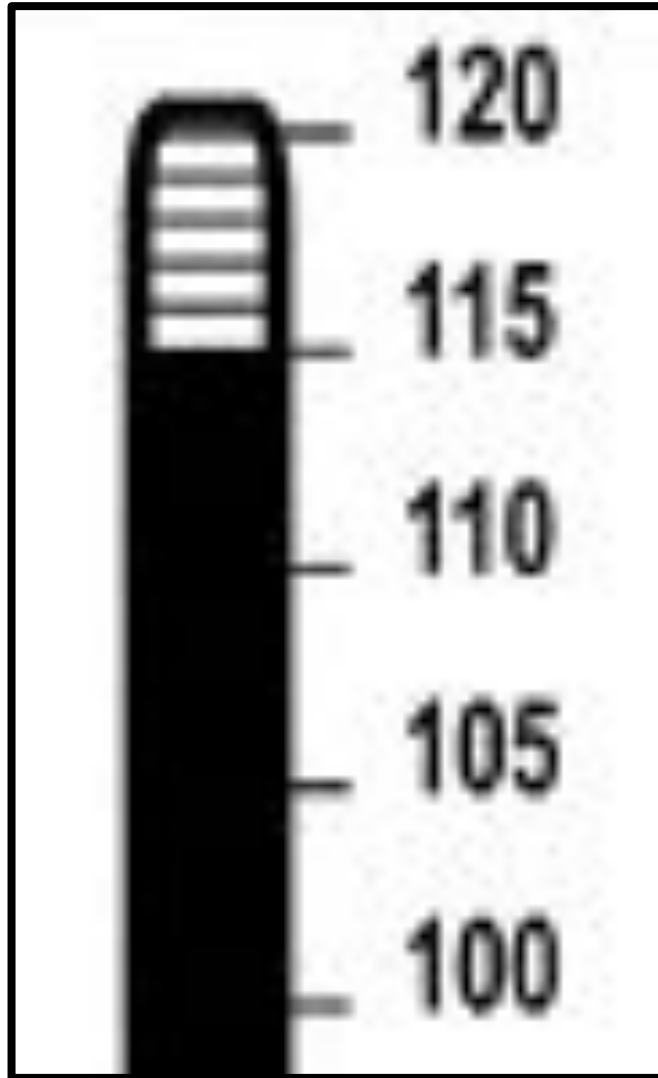
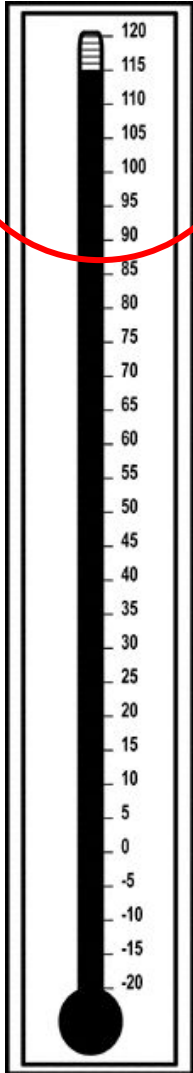
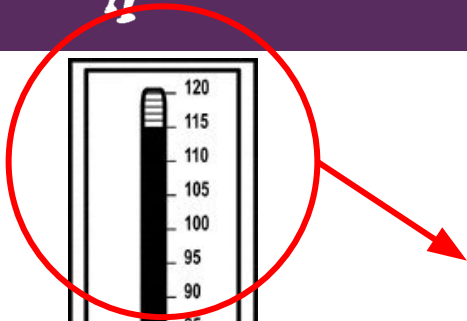


Heel Raises

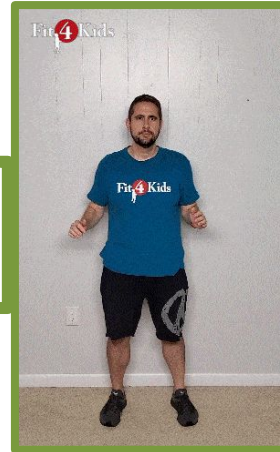
or

DANCE PARTY

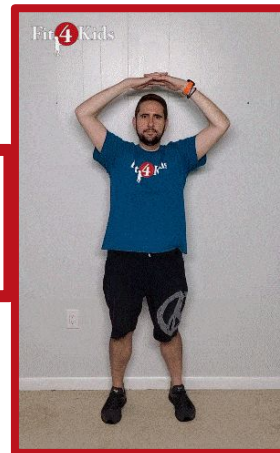




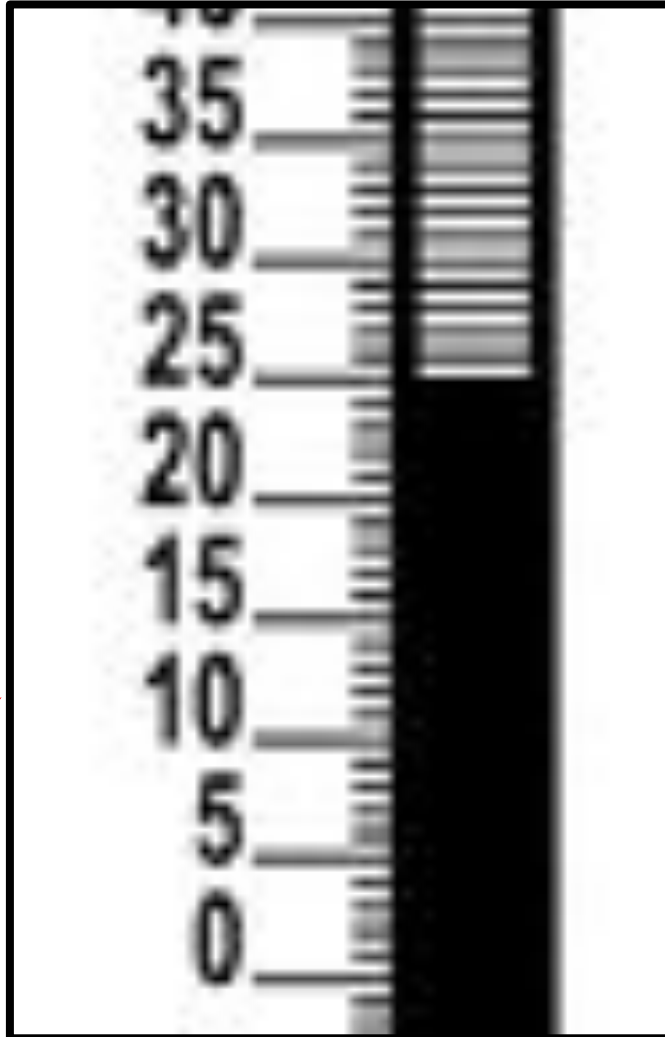
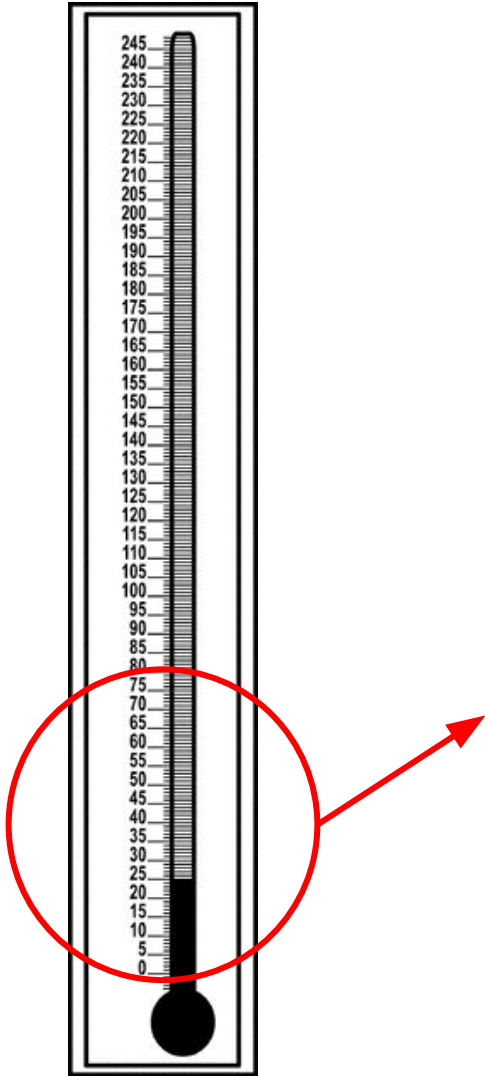
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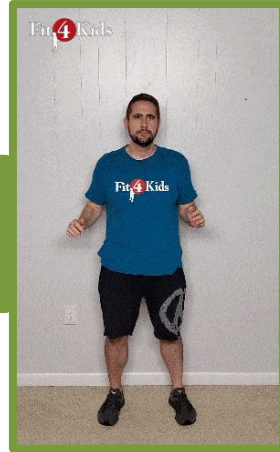
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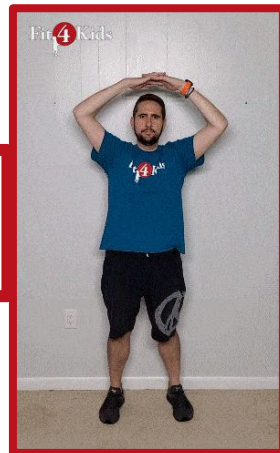
# Think, Tap, Move



30



25







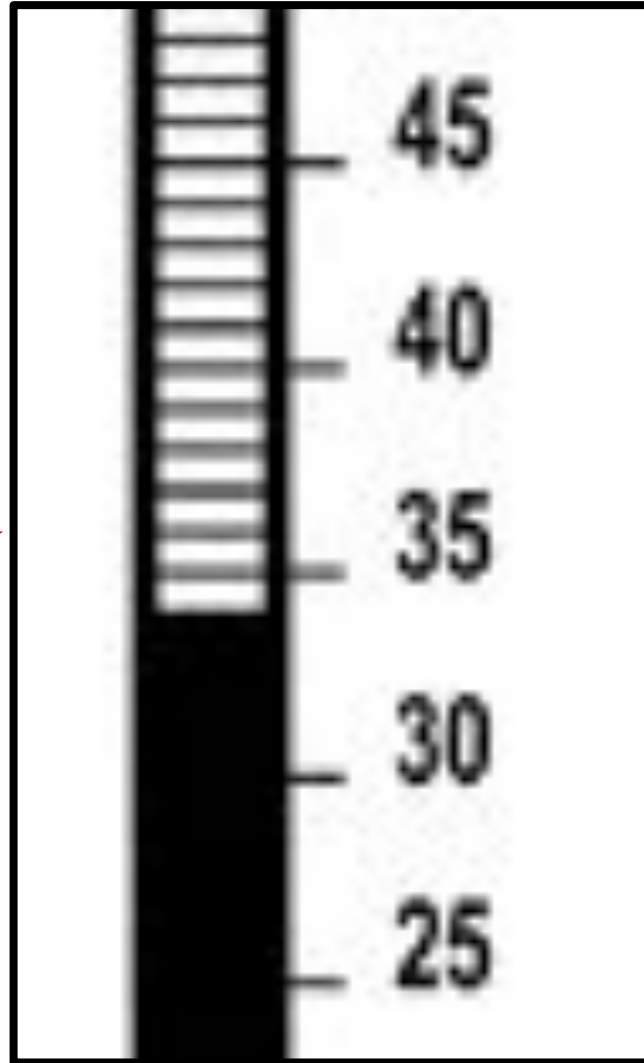
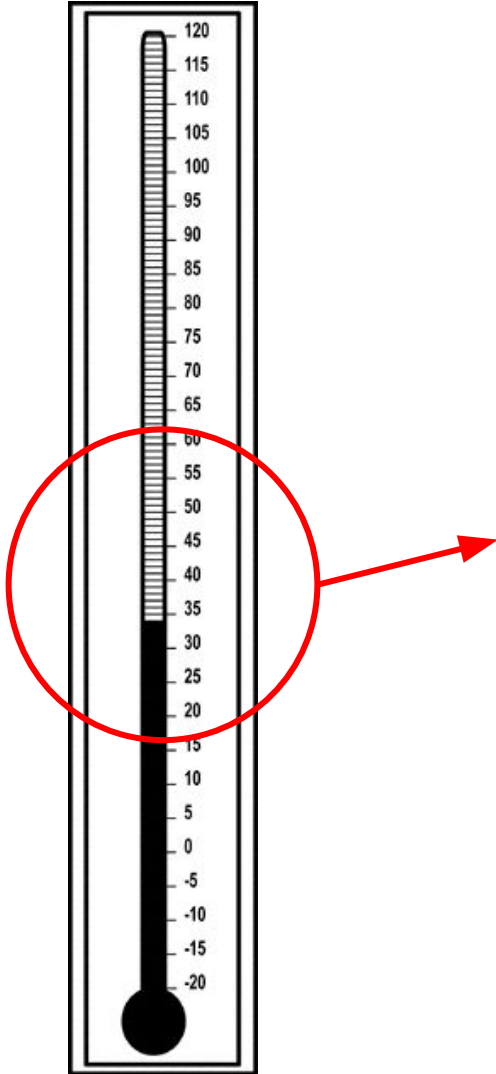
DANCE PARTY

or

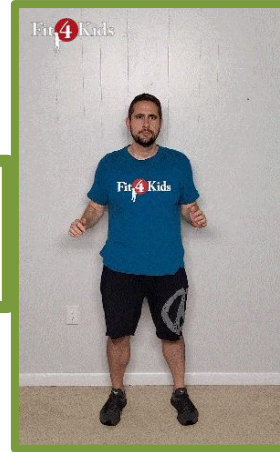


Overhead Press

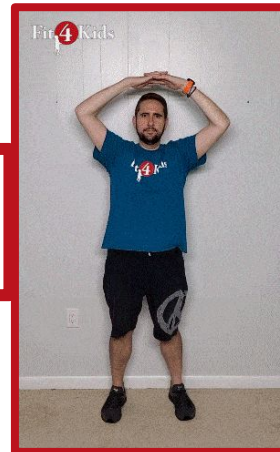
# Think, Tap, Move



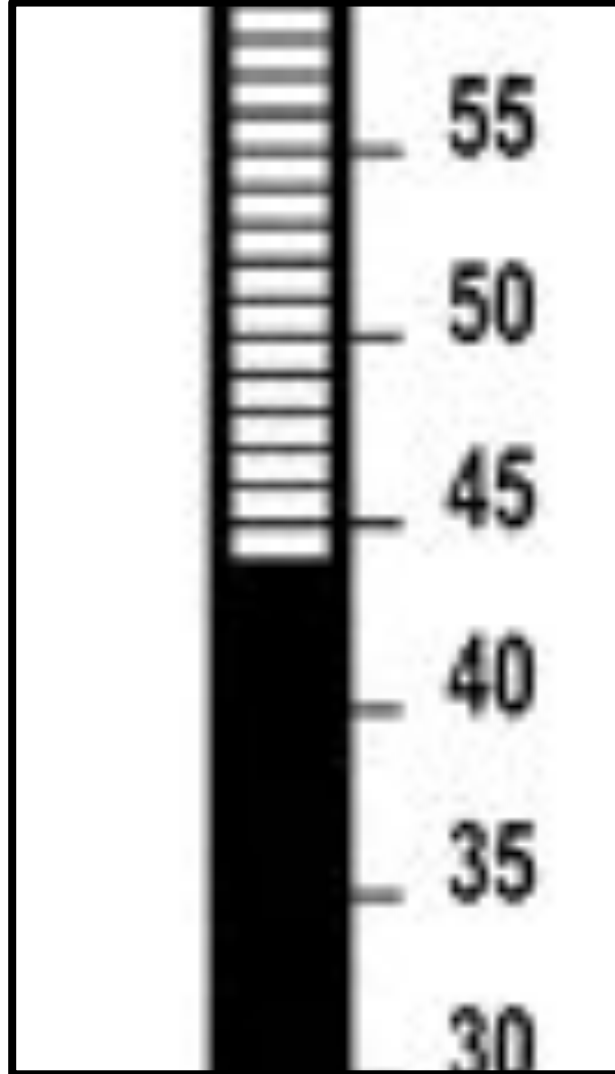
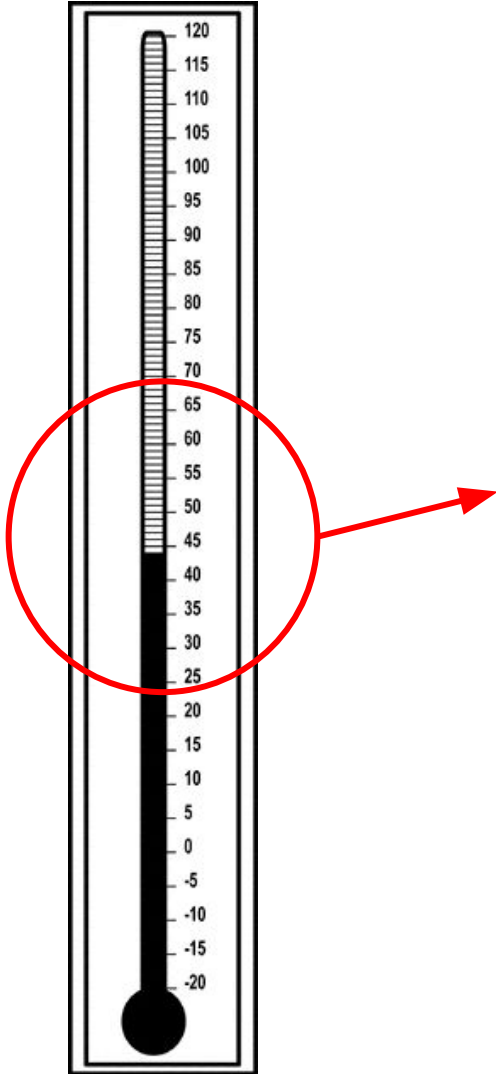
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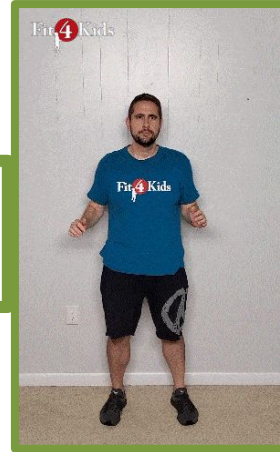
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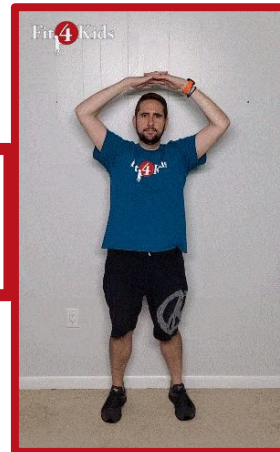
# Think, Tap, Move



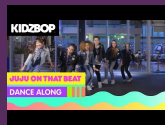
45



44







Frog Jumps

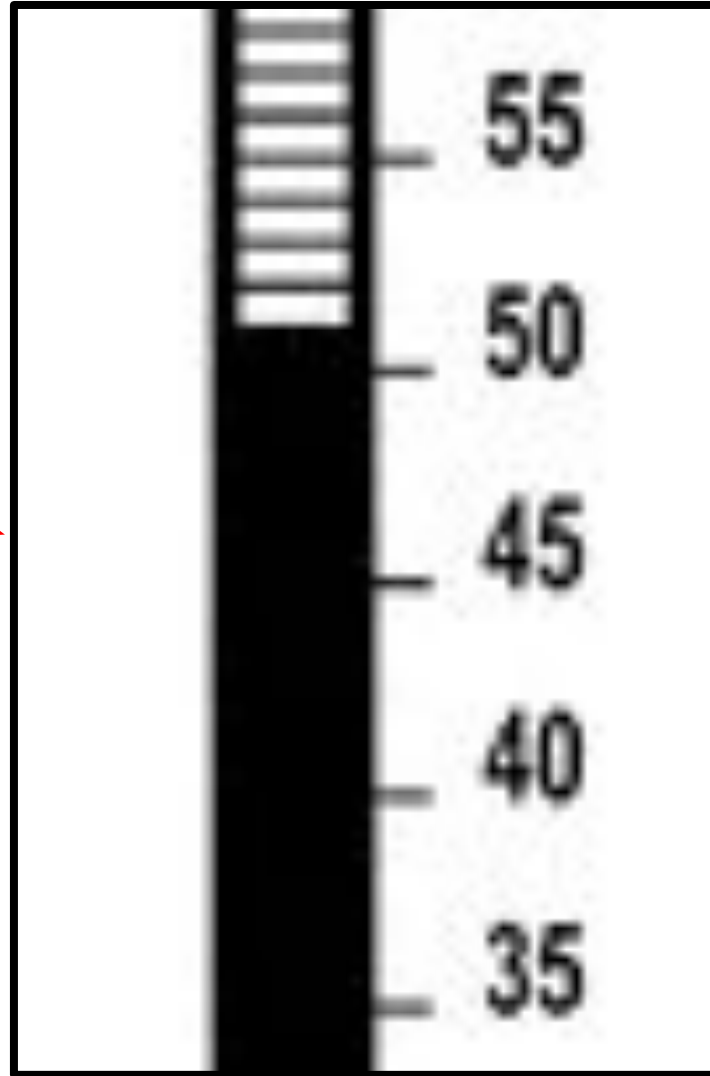
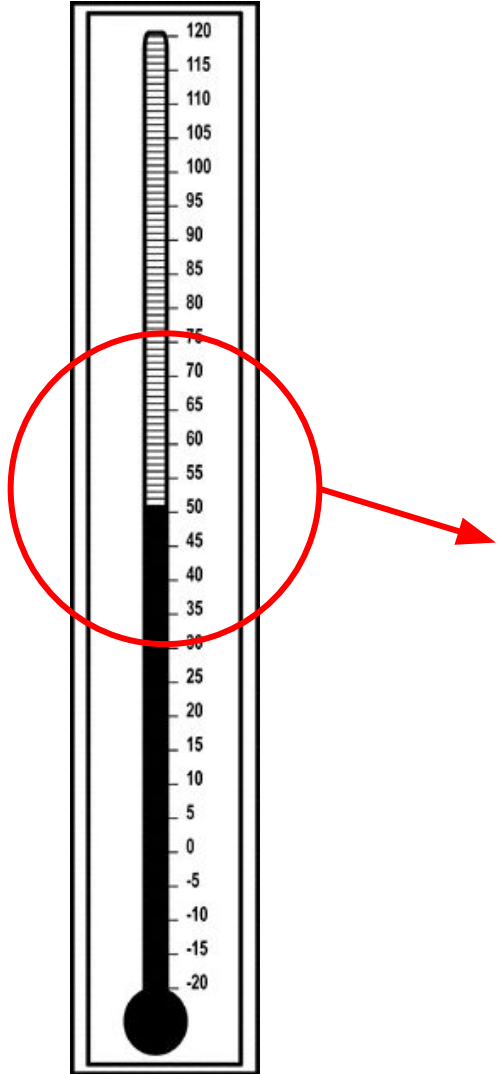
or

DANCE PARTY

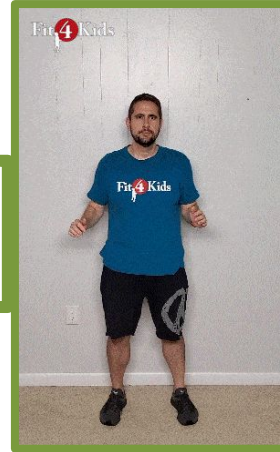




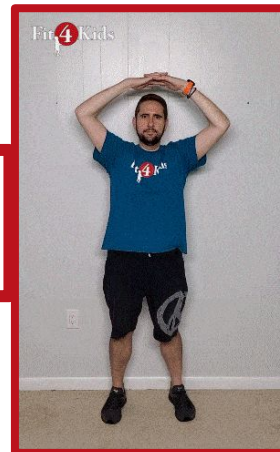
# Think, Tap, Move



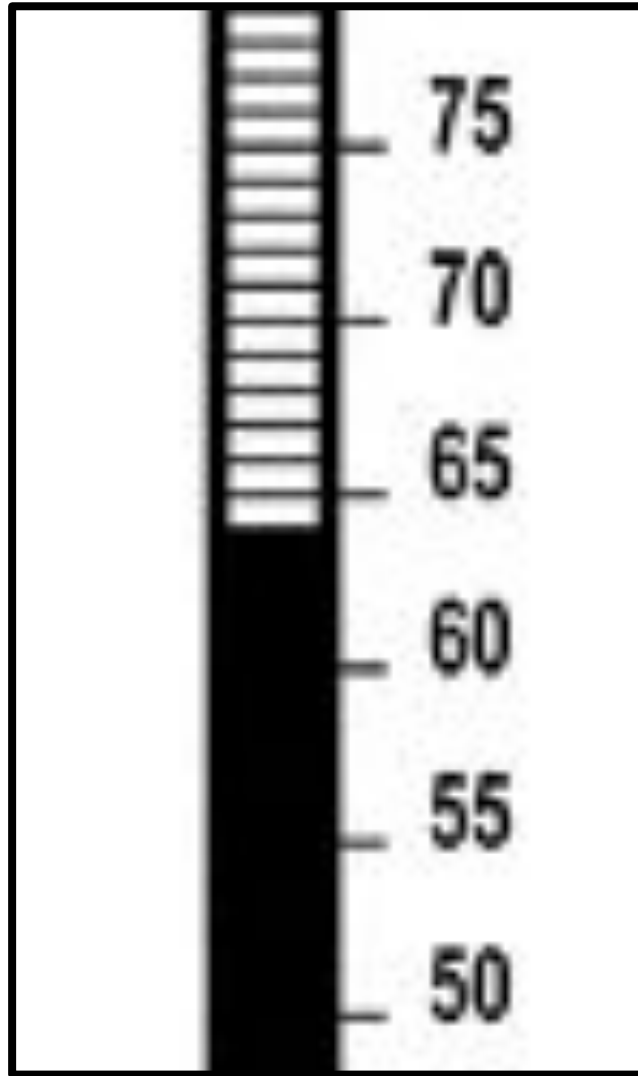
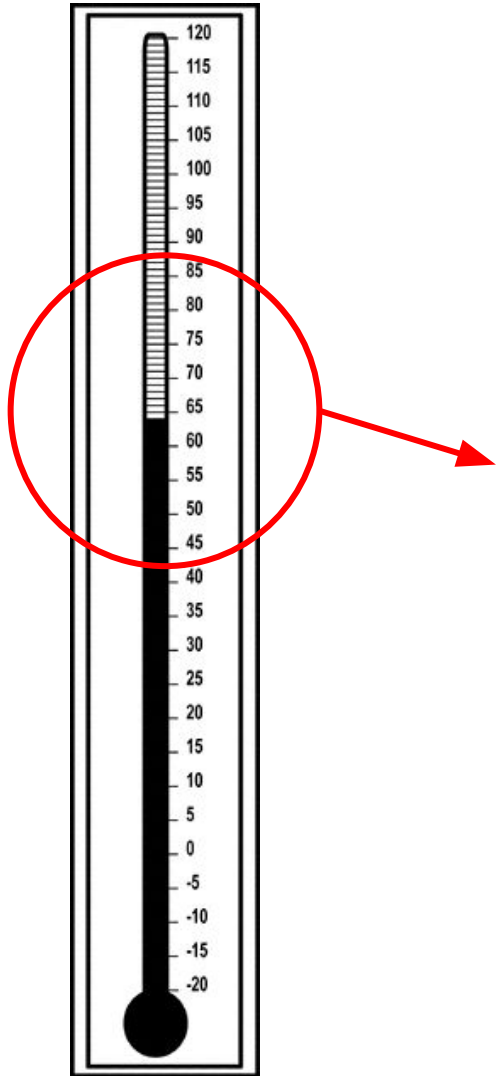
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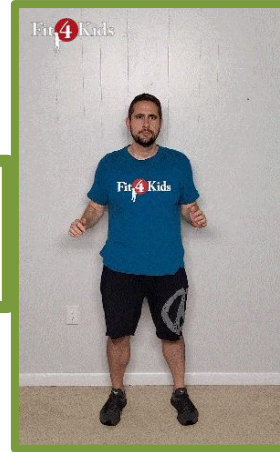
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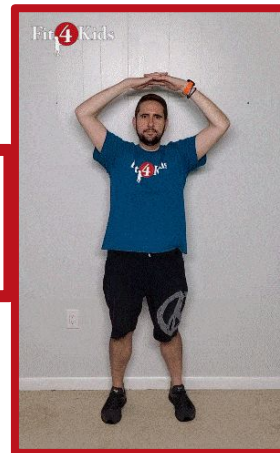
# Think, Tap, Move

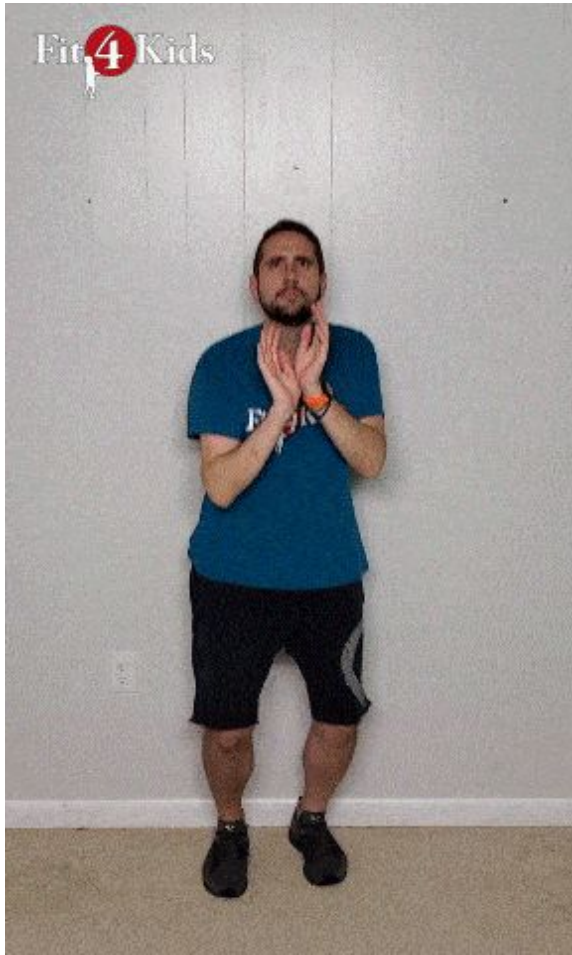


64



61





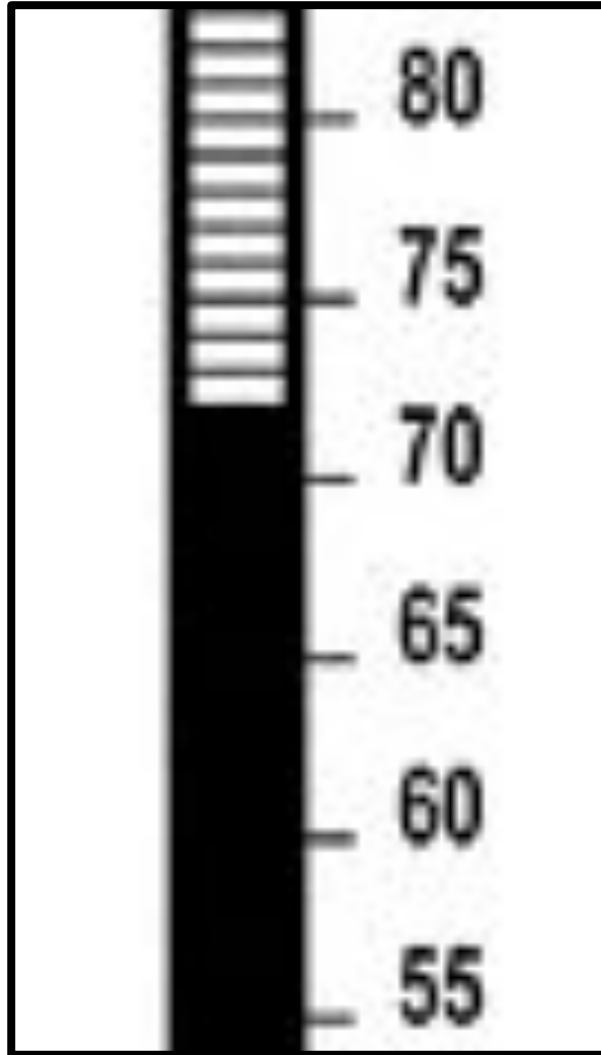
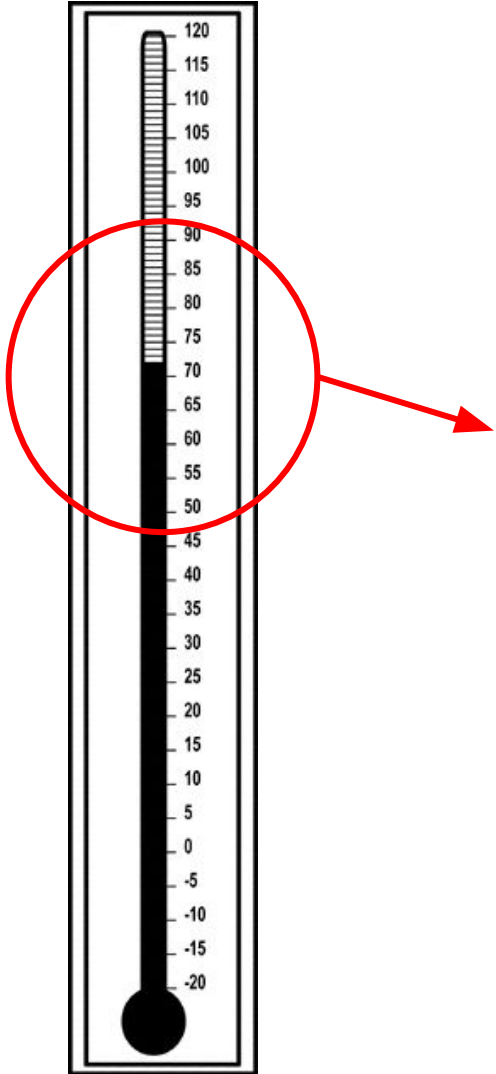
or

DANCE PARTY

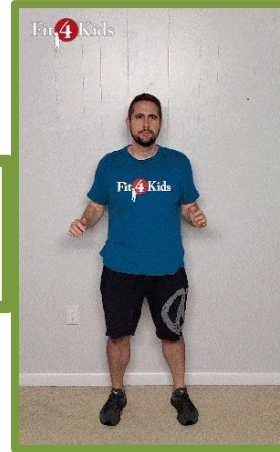


Basketball Shots

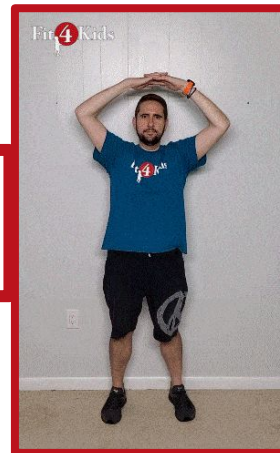
# Think, Tap, Move



72

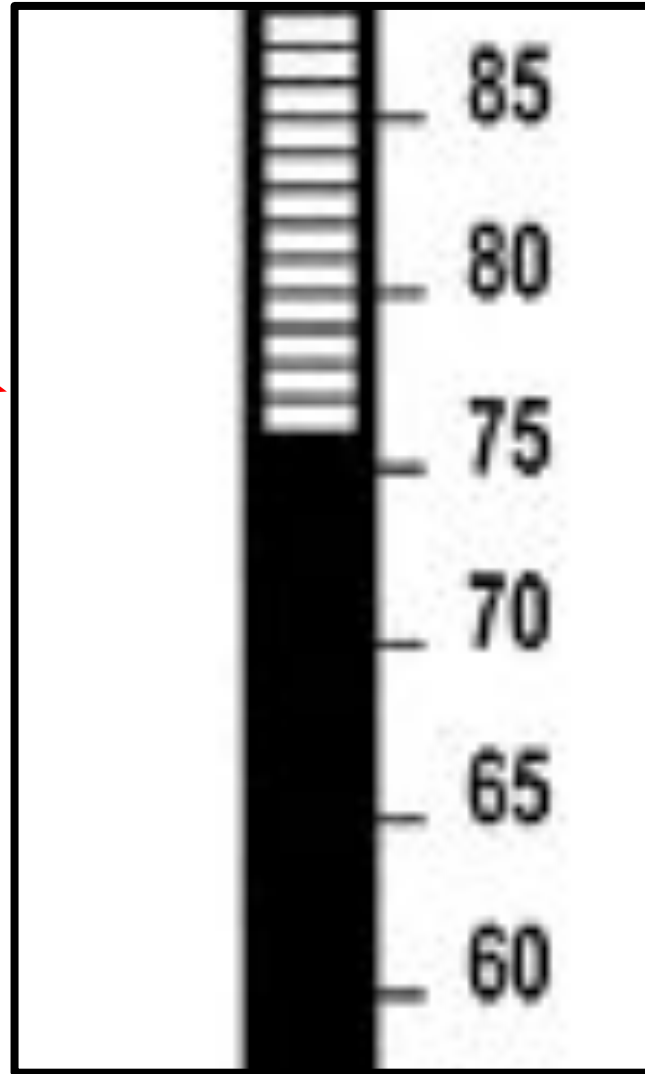
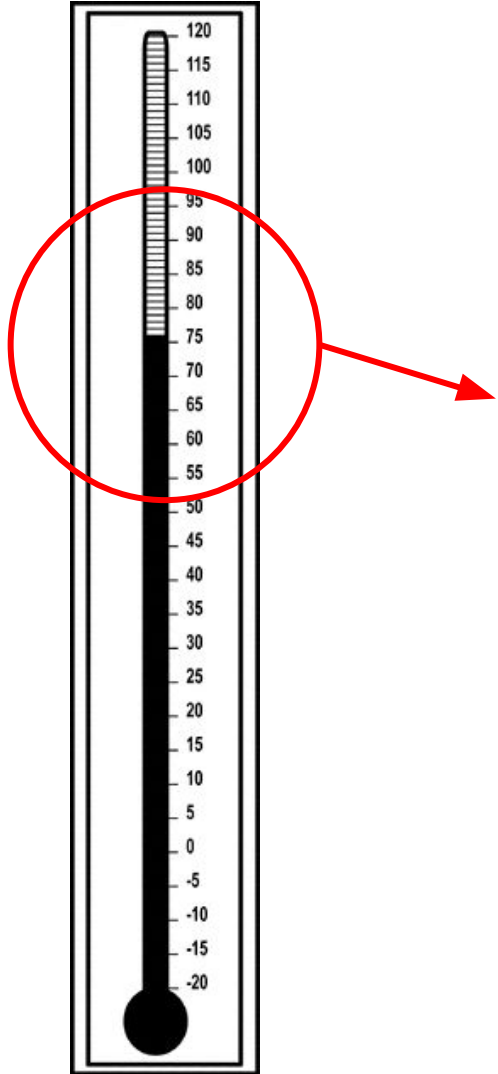


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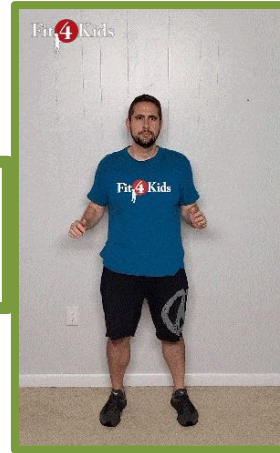




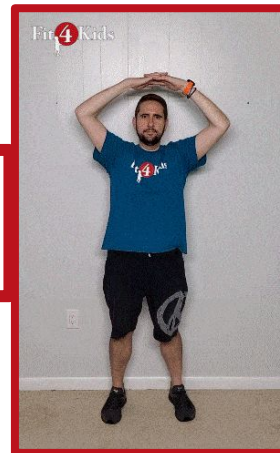
# Think, Tap, Move

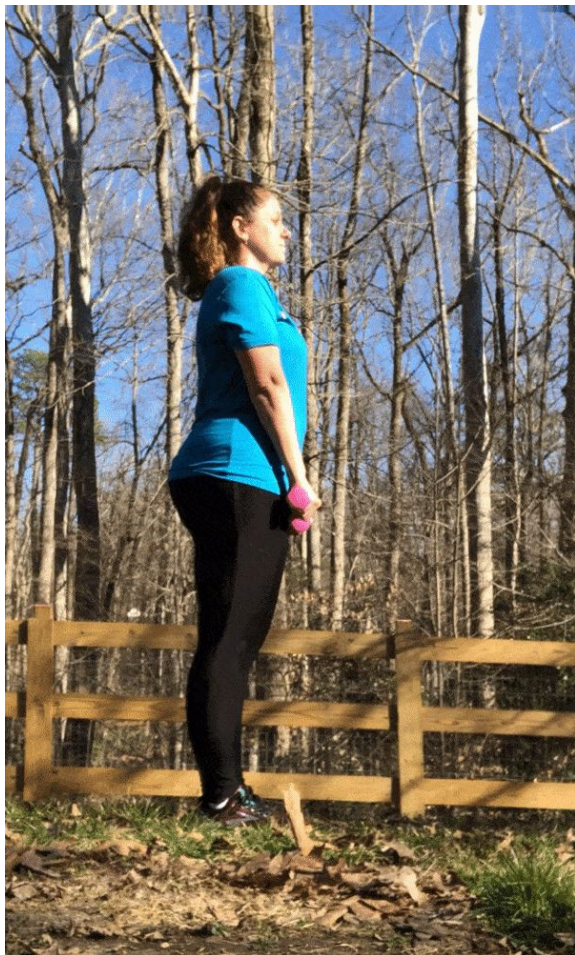


76



71





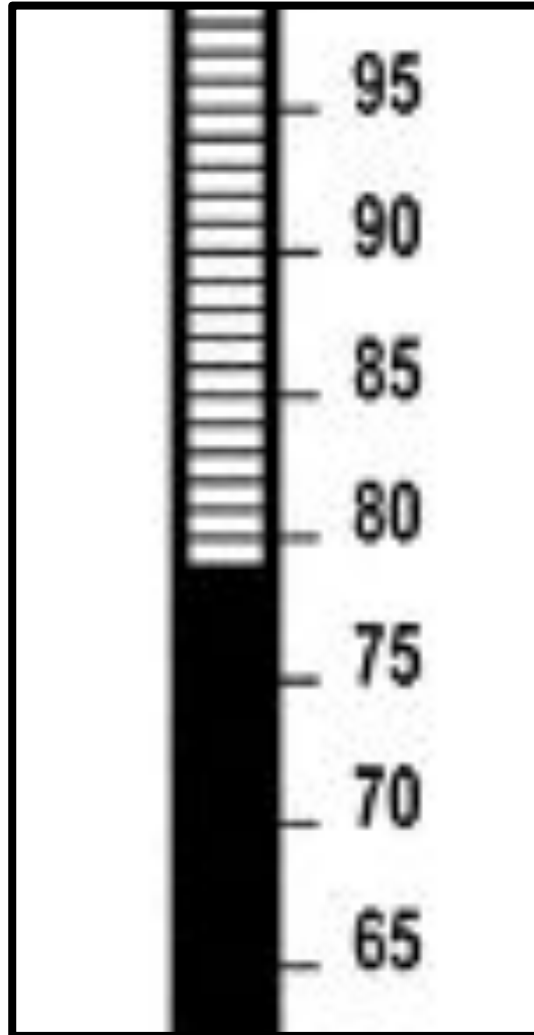
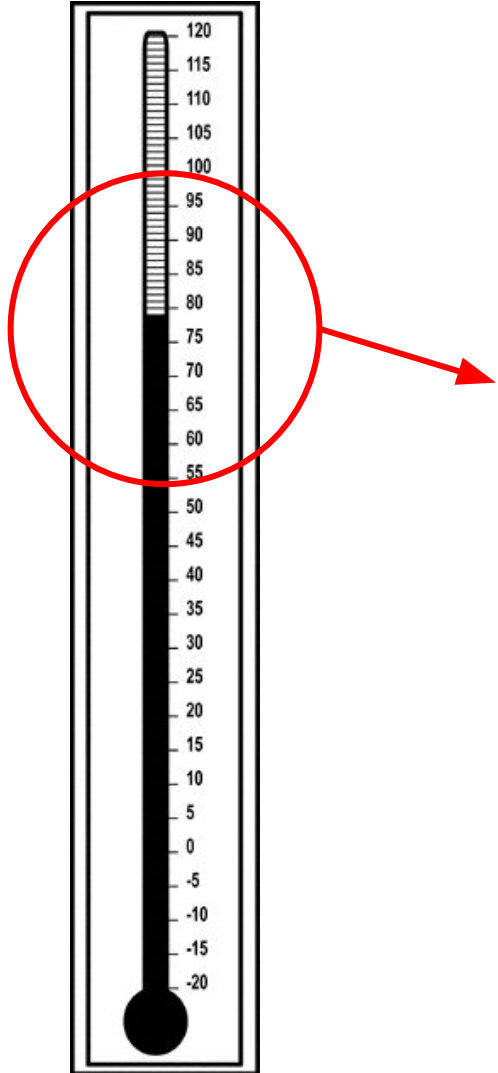
Front Raise

or

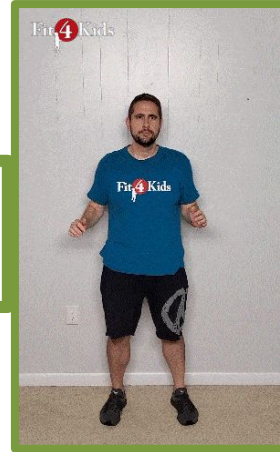
DANCE PARTY



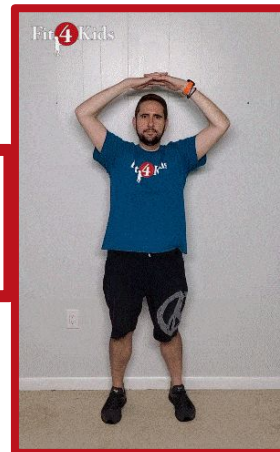
# Think, Tap, Move



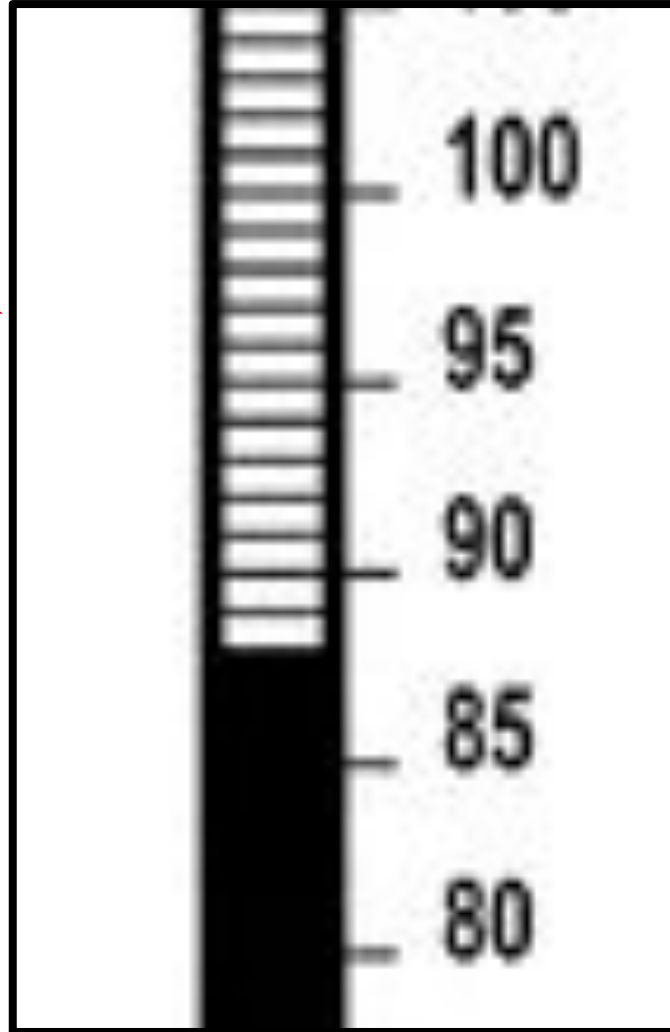
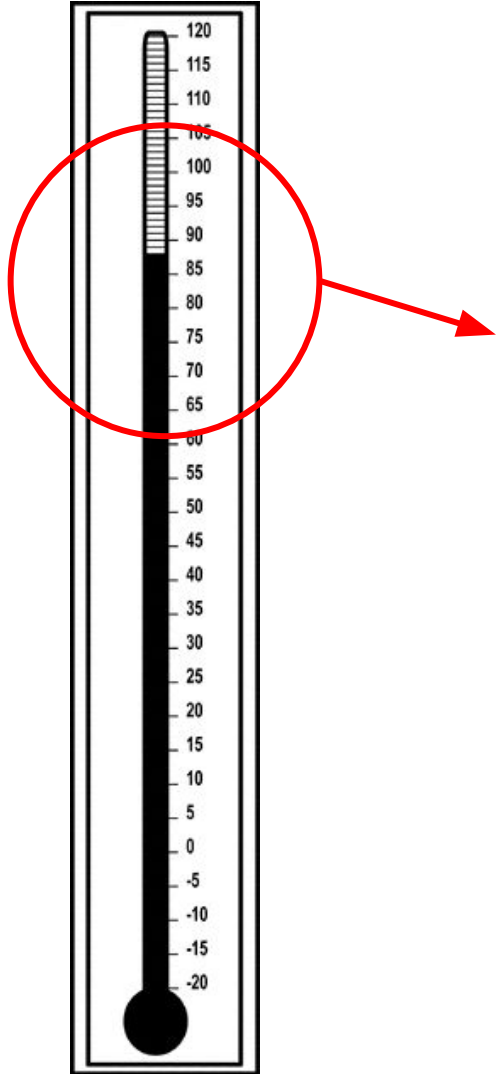
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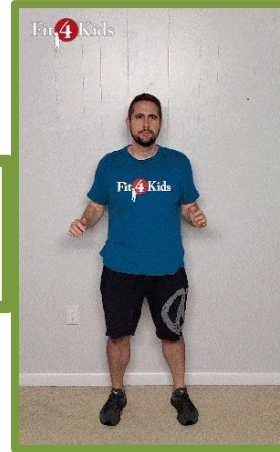
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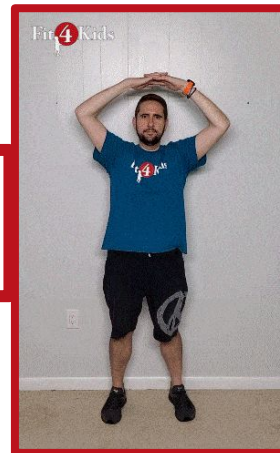
# Think, Tap, Move



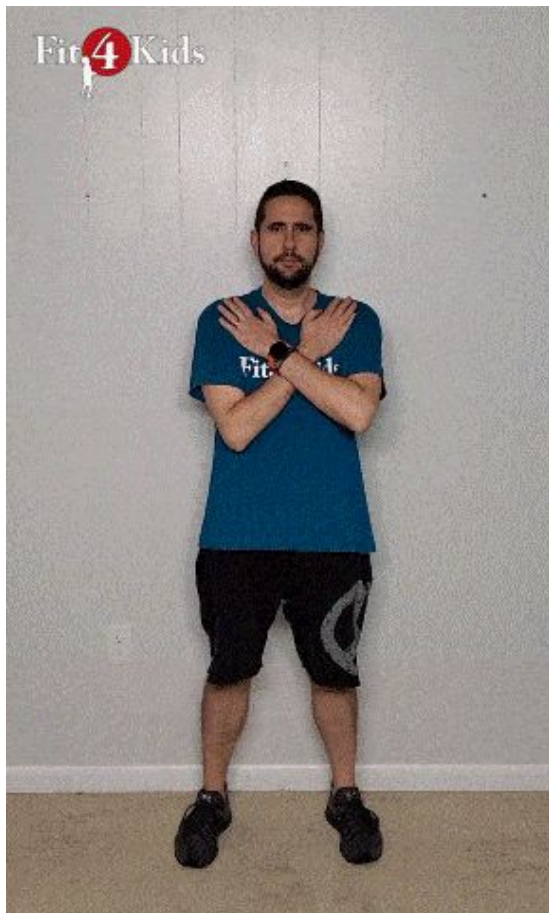
88



86







Mummy



Pretzel



ClipArt ETC

