

Wiggle Worm Fitness - Beanbag Alphabet Fun

A	Place beanbag on your arm - right and left
B	Touch beanbag to your back - using both hands
C	Catch the beanbag in the air - both hands
D	Place beanbag down on the floor
E	Touch each ear with the beanbag - cross midline
F	Place the bean bag on each foot
G	Give to a partner
H	Place beanbag on your head
I	I-Y-T put beanbag in each hand
J	Jump with beanbag or hold for jumping jack arms (4 times)
K	Tap each knee with beanbag
L	Lean to each side holding bean bag
M	March like a soldier / marching arms (10 sec)
N	Tap beanbag on nose (4 times)
O	Take beanbag up and over head swapping hands (4 times)
P	Place on palm of hand- both sides
Q	Quick toss between hands (10 secs)
R	Row a boat while holding beanbag (4 times each side)
S	Pace beanbag on each shoulder
T	Tummy twists while holding beanbag (10 secs)
U	Place beanbag under foot OR pass under knees (4 times)
V	Hold very high up (5 sec) each hand
W	Wiggle your whole body holding a beanbag (5 secs)
X	X jumps or X arms while holding beanbag (4 times)
Y	Yell beanbag loudly
Z	Zoom around (10 secs)