

# KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



## FROG JUMPS

Hop, hop, back and forth like a frog



## BEAR WALK

Hands & feet on the floor, hips high - walk left and right



## GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



## STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



## CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



## CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



## ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!