KIDS 7 MINUTE HIIT WORKOUT 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!