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!