

# Exercise Card Challenge

Three to five players. Age range: 5-10

**Items needed:** deck of playing cards, paper, pencil (or pen) and a bowl

## Before You Start:

1. Cut two (or three) pieces of paper into 20 smaller pieces (each should be about the size of a playing card). Write one silly exercise on each of the cards. Exercises can include: trot like a horse, hop like a kangaroo, and disco dance. Put the papers in a bowl.
2. Shuffle a deck of traditional playing cards and then deal them, face down, to all players.



## To Play:

1. Each player flips over one playing card. The player with the highest card picks a paper from the bowl.
2. The other players complete the exercise on the paper for 30 seconds. The player with the highest card then collects the other cards that have been flipped over and makes a second pile to the side.
3. The winner is the player with the most cards in their second pile after all of the face-down cards have been used.

*NOTE: If you live in an apartment and have people living below you, please be courteous to them when playing the game.*

**ACTIVITY  
WORKS**  
Smart Moves.  
Super Fun.