

FIDGET SPINNER MOVES

Directions: Place your fidget spinner on the floor or a table. Spin it and then do one of the activities listed below as long as it spins!



Watch the example video at:
to see how to do each move.

- Crab walk
- Jump up and down
- Pushups
- Do a plank
- Sit ups
- Walk like a dog on all fours
- Do a Downward Dog
- Jumping Jacks
- Squats
- Jog in place
- Dance
- Arm Circles
- Touch your toes
- Do Triangle Pose
- Jump on one leg
- Opposite knee to elbow
- Leg kicks
- Strut like a chicken
- High knees
- Pretend you are on a tightrope
- Do Tree Pose
- Mountain Climbers
- Bicycles (on your back)
- Speed Skaters
- Calf raises