

Valentine's Day Brain Break

I get a kick out of you.

Kick each foot 10 times.

Have a ball this Valentine's Day.

Jump forward 10 times like a bouncing ball.

You're a slam dunk.

Perform 10 pretend jump shots in place.

You're an all star.

Do 10 star jumps (jumping jacks).

You make my heart race.

Run in place for 30 seconds.