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!

1. **FROG JUMPS**
   Hop, hop, back and forth like a frog

2. **BEAR WALK**
   Hands & feet on the floor, hips high - walk left and right

3. **GORILLA SHUFFLE**
   Sink into a low sumo squat, with hands on the floor, shuffle around the room.

4. **STARFISH JUMPS**
   Jumping jacks as fast as you can, with arms and legs spread wide.

5. **CHEETAH RUN**
   Run in place, as FAST as you can! Just like the fastest animal in the Sahara.

6. **CRAB CRAWL**
   Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.

7. **ELEPHANT STOMPS**
   March in place lifting your knees as high as you can and stomping the ground as hard as you can!