



5, 4, 3, 2, 1..... Count Down

Choose two things you would like to visit in outer space.
Complete the activities for the countdown in the box to get there.

Moon



5 minutes: Dance to your favorite songs

4 minutes: Do Jumping Jacks

3 minutes: Balance on each foot

2 minutes: Jog in place

1 minute: curl ups

Saturn



5 minutes: of Yoga Poses

4 minutes: Dance to your favorite songs

3 minutes: Balance an object on your head

2 minutes: Wall Push Ups

1 minute: arm circles for each arm

Shooting Star



5 minutes: Jog in place

4 minutes: Yoga Poses

3 minutes: Dance to your favorite songs

2 minutes: of Crab Walking

1 minute: of Jumping Jacks

Meteor



5 minutes: March around the room

4 minutes: Imaginary Jump Rope

3 minutes: Hop on each foot

2 minutes: Curl Ups

1 minute: Yoga Poses