

Santa Boot Camp

Print the prompt cards double-sided with the Santa hat on the back. Have kids take turns choosing a Santa-in-training activity!

Sled Hops

Place both hands on a chair, mat, or the floor and jump your feet side to side. Try to increase the distance you jump each time. You never know how far away that sled will be!

Present Lifts

Find objects of varying sizes and weights and place them at one end of the room. Pick up an object, carry it to the opposite end of the room, lift it overhead and then back down onto the floor.

Chimney Jumps

Start with your feet together, squat low and burst up as high as you can, reaching your arms overhead. You have to make yourself long and straight to fit down that chimney!

Tip Toe Walking

Walk across the room and back on your tip toes, quiet as a mouse! Don't wake the sleeping children!

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Cardio Blast

Run in place for 30 seconds to work off all of those milk and cookies. Get those knees high!

Santa Sneak

Side step along the length of the wall one direction then back the other. You may have to stick close to the walls in every house to avoid being seen!

Rooftop Slip and Slide

Slide across a tile or wood floor in your socks or put paper plates under your shoes. Slide across the floor 5x one direction and then 5x another.

Bend and Reach

Stand with your feet side by side. Reach down to your left for a "present" (could be a box or a book or a toy!), stand up and then squat low and reach down to your right to put that present under the tree.

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