**CHANGING SEASONS TASK CARD**

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| **Dice Says** | **Group Exercise** |
| **1** (WINTER) | Balance a snowball (yarn ball) on a body part for 20 seconds. |
| **2** (SPRING) | Jump like a bunny in the field 10 times.  (The field is the center of the activity area.) |
| **3** (SUMMER) | Crabwalk around a seashell (bean bag) 5 times. |
| **4** (FALL) | Throw leaves (yarn ball) into the air 20 times.  How many times can you catch them on their way down? |
| **5** (ORBIT) | Orbit around the sun 1 time.  (Gallop or skip 1 lap around the cones.) |
| **6** (SUN) | The sun is a star. Celebrate the sun with 10 star jumps. |