

A light blue line drawing of a person in a dynamic, athletic pose, possibly performing a dance move or a physical activity. The drawing is composed of multiple overlapping lines, giving it a sense of motion and energy. The person's arms are extended, and their legs are in a wide, active stance.

# Activity Cards

## *Interrupting Prolonged sitting with ACTivity*

iPACT At Home is a home-based physical activity program designed to motivate students and families to get moving for 60 minutes a day. Our workout videos and Activity Cards provide fun, easy ways to do a short workout with little to no equipment.



# Rules & Gameplay

## **FLEXIBILITY**

Sounds like a stretch! **2-Points** for being bendy!

## **MINDFULNESS**

Me-oh-my! **3-Points** is worth a try!

## **CARDIO**

Get up and go with some cardio!  
**4-Points** in honor of the four chambers of your heart!

## **STRENGTH**

What kind of award do you get for building strong muscles? "A trophy" and **3-Points**!

## **WITH A BUDDY**

**4-Points** for double-the-trouble!  
**5-Points** for teaming up with a parent or guardian!

The first person/team to earn **100-Points** wins!





***FLEXIBILITY***

***Open & Close the Gate***





# Instructions

## **FLEXIBILITY**

### **Open & Close the Gate**

1. Begin by standing upright with your feet together and your hands on your hips.
2. Raise your right knee towards your chest, then allow it to fall out to the side, keeping it elevated near your hip. As you do this, it will feel like you're drawing a letter "C" with your knee.
3. Repeat on the left side.
4. Complete 25 times on each leg.

1.



2.



Watch  
Video



**FLEXIBILITY**

# ***Airplanes***





# Instructions

## **FLEXIBILITY** **Airplanes**

1. Stand with your feet shoulder-width apart.
2. Step forward with one foot while keeping your other leg extended straight behind you at a 90-degree angle.
3. Ensure that your planted leg remains straight and your hips are facing directly toward the floor.
4. Repeat 25 times on each side.

***Imagine your hip bones are like lasers, pointing straight down and away from your thighs.***





**FLEXIBILITY**

## ***Back Stroke***

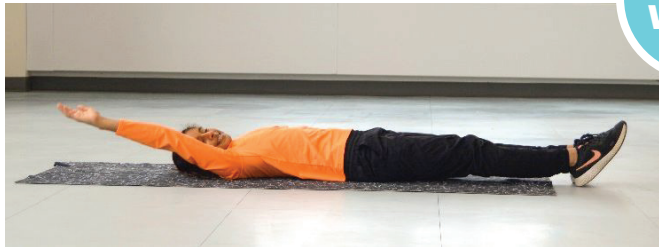




# Instructions

## **FLEXIBILITY** **Back Stroke**

1. Start by laying down with your legs straight.
2. With your arms, take one arm at a time and slowly back stroke like you would in a pool.
3. Repeat 12 backstrokes per arm.



**Watch  
Video**





**FLEXIBILITY**

## ***Back X***





# Instructions

## **FLEXIBILITY**

### **Back X**

1. Stand up tall and straight with feet firmly planted on the floor and hip-width apart.
2. Lift both arms straight over your head.
3. Cross both of your arms behind your head, chest out, touch hands to opposite shoulders.
4. Hold for 60 seconds.

***For an extra stretch, bend at the hips. Bring your head toward your toes. Keep your arms in an “X” position.***

**Watch  
Video**





**FLEXIBILITY**

## ***Bubble Gum Flow***

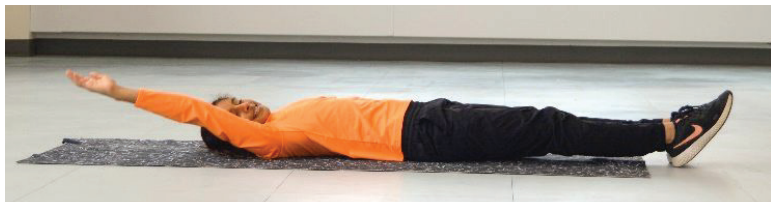




# Instructions

## **FLEXIBILITY** **Bubble Gum Flow**

1. Pretend your body is stuck to the floor with bubble gum.
2. Peel up one layer at a time and extend your arms and legs as far as possible.
3. Breathe slowly with each movement.
4. Repeat 5 times, and remember not to rush!





**FLEXIBILITY**

## ***Cereal Bowl Stretch***





# Instructions

## **FLEXIBILITY** **Cereal Bowl Stretch**

1. Lay on your back with your feet together and your hands under your bottom for support.
2. Bring your knees together and raise both legs up so that your feet are facing the ceiling.
3. In slow motion, stir the imaginary bowl of cereal with your feet and keep your hands under your bottom.
4. Repeat 30 times.

**How many rounds you can complete in 1 minute?**





**FLEXIBILITY**

## ***Cobra Stretch***





# Instructions

## **FLEXIBILITY** **Cobra Stretch**

1. Lie on your belly.
2. Place your palms on the floor just behind your shoulders.
3. Lengthen your legs and tailbone back. Gently lift your belly button and begin to push your hands against the floor.
4. Lift your chest forward and up, straightening your arms as much as you can without hurting your back. Keep your chin up.
5. Hold for 60 seconds.

**Watch  
Video**







**FLEXIBILITY**

***Happy Baby***





# Instructions

## **FLEXIBILITY**

### **Happy Baby**

1. Lie on your back and allow your spine to melt into the floor.
2. Bring your knees towards your chest. As you bring your knees up, keep your hip sockets soft so your legs come upward but hips stay down.
3. Flex your feet and show the soles of your feet to the ceiling.
4. Wrap your first two fingers around your big toes and pull lightly down towards your chest.
5. Hold for 60 seconds.

**Watch  
Video**



**Take your time.  
Breathe through  
the stretch.**



**FLEXIBILITY**

## ***Pretzel Stretch***





# Instructions

## **FLEXIBILITY** **Pretzel Stretch**

1. Sit on your bottom with your legs straight in front of you.
2. Keeping your left leg straight, bring your right foot up towards your waist and cross it over your left thigh. Your right knee should be bent.
3. Now, twist your body to the right by pushing your left elbow up against your bent right knee.
4. Hold this position for 60 seconds and then repeat these steps using the opposite side body parts.



**Watch  
Video**



**FLEXIBILITY**

## ***Touch the Sky***





# Instructions

## **FLEXIBILITY** **Touch the Sky**

1. Start by standing straight or sitting straight with your entire body relaxed.
2. Bring your head backward like you are trying to look up into the sky. Reach your arm to try and touch the sky.
3. Bring it back until you feel a stretch in your neck and hold for 10 seconds.
4. Relax and then repeat 2-3 more times.

Watch  
Video





**MINDFULNESS**

***Heartbeat Listening***



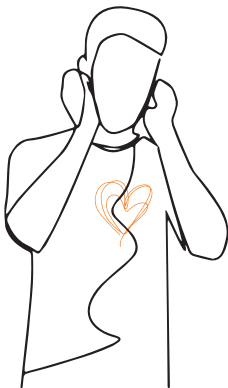


# Instructions

## **MINDFULNESS**

### **Heartbeat Listening**

1. Start by finding a quiet place to sit down.
2. Close your eyes, focus, and try to listen for your own heartbeat.
3. Describe what it sounds like and how fast or slow it is going.
4. Try to do this for at least 4 minutes.



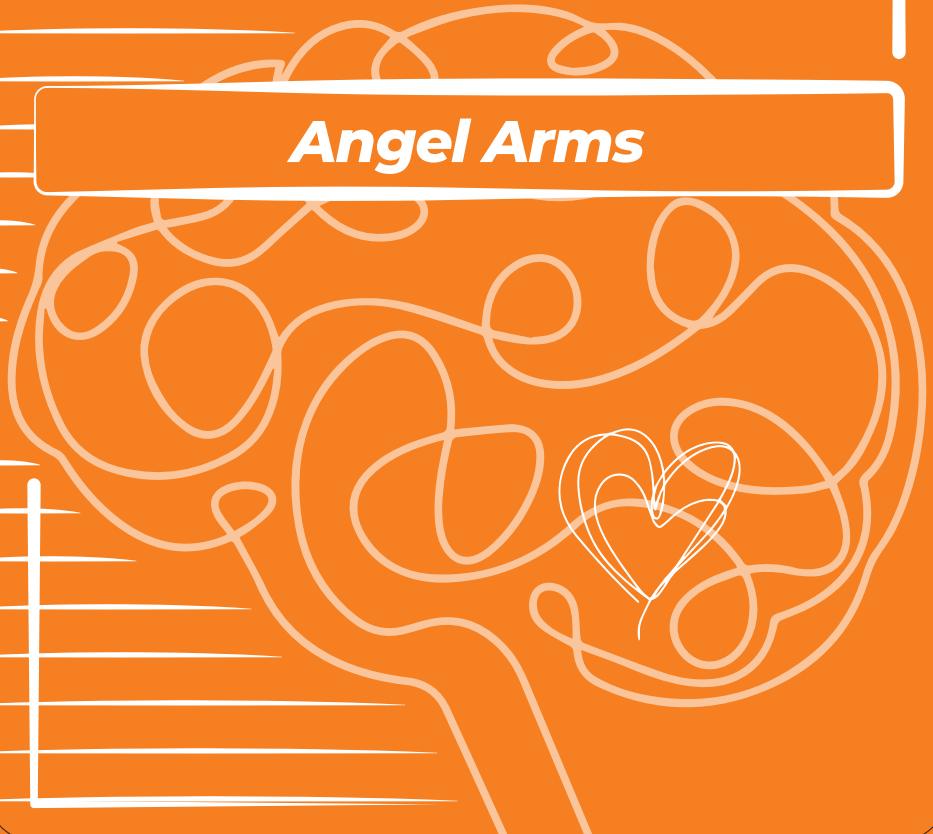
**Having trouble hearing?  
Try covering your ears with  
your hands to block out any  
outside noise.**





**MINDFULNESS**

***Angel Arms***





# Instructions

## MINDFULNESS

### Angel Arms

1. Sit on the floor in a comfortable position.
2. Take your hands straight out to the sides.
3. Bring arms up above your head, touching the backs of your hands together, and counting to 10 as you inhale.
4. Lower your arms back down to your sides, counting to 10 as you exhale.
5. Repeat for 50 rounds.





**MINDFULNESS**

***Be a Seed***





# Instructions

## MINDFULNESS

### **Be a Seed**

1. Curl up into a ball with your knees and head touching the floor and hands touching the floor in front of your head.
2. Close your eyes and notice how you and your body are feeling.
3. Begin to wiggle your fingers on the floor to make raindrop sounds. Notice your breathing.
4. Work your way to standing and grow like a flower.
5. Repeat 3 times.

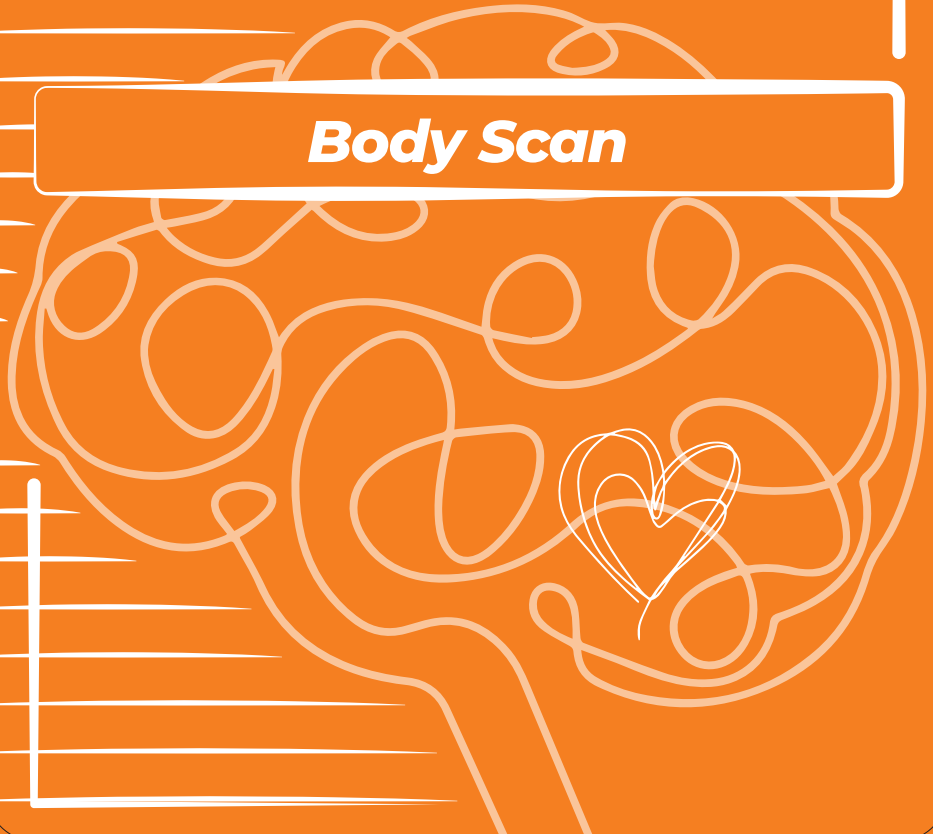
**Tilt your head up and stretch your arms out slowly like flower petals.**





**MINDFULNESS**

**Body Scan**





# Instructions

## MINDFULNESS

### Body Scan

1. Begin by bringing your attention to your body. Close your eyes and sit in a comfortable position in a chair or on the floor.
2. Feel the weight of how you are seated or laying, and take a deep breath.
3. Notice the sensations of your feet touching the floor, the pressure, heaviness, lightness, or the pulsing of your legs.
4. Notice your hands, arms, and softness in your shoulders. Let your face and facial muscles be soft. Notice your whole body and your breath.
5. Hold this position for at least 4 minutes.





**MINDFULNESS**

**Color Block**



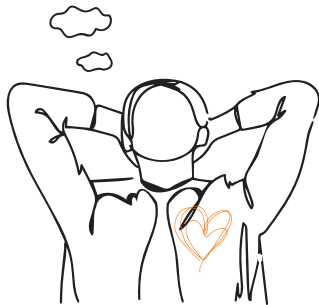
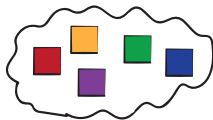


# Instructions

## MINDFULNESS

### Color Block

1. Lay on your back with your legs stretched out straight. Place your hands under your head for added comfort.
2. Close your eyes and think of 5 colors you like.
3. With each color, think of a movement that can be done in slow motion.
4. Repeat those movements in a sequence 5 times and try to flow them together.



**For an added challenge, partner up with a buddy and try to mirror each other's movements in slow motion.**





**MINDFULNESS**

# ***Floor Drum***





# Instructions

## MINDFULNESS

### Floor Drum

1. Find a beat or a tune in your head.
2. Sit criss-cross on the floor and tap out the tune with your hands on the floor.
3. Focus on the sounds and work different parts of your hands for the different “beats”.
4. Repeat this for 2 minutes.



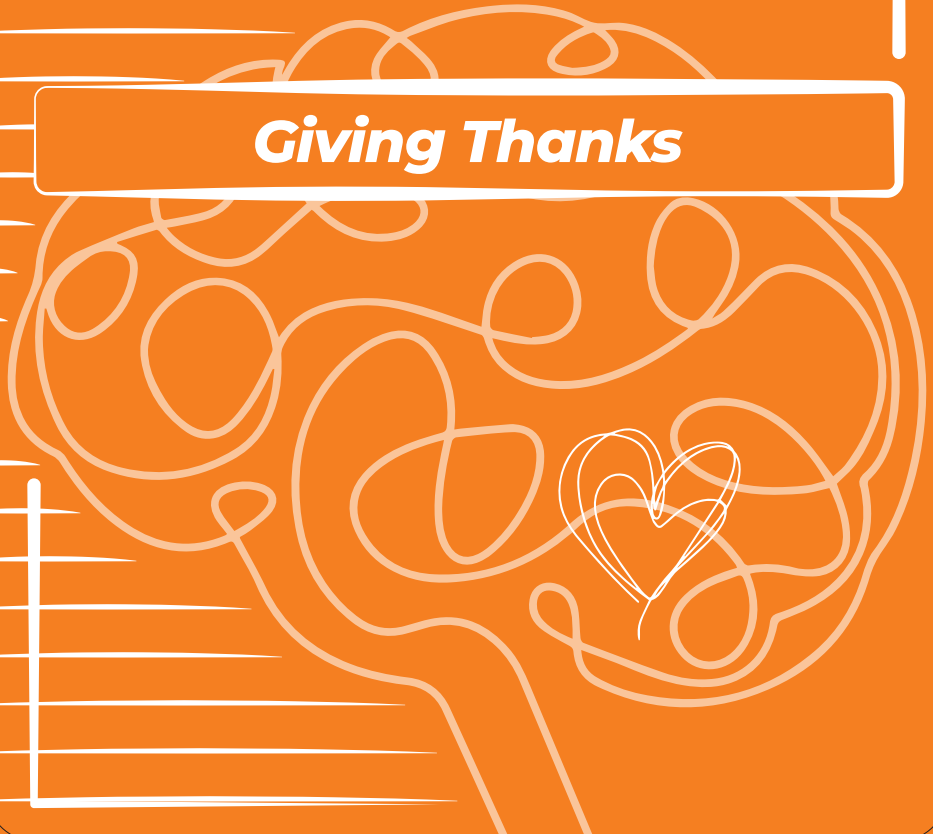
**Add a fun twist by partnering up!  
One person creates a beat, and the  
other tries to mimic it.**





**MINDFULNESS**

***Giving Thanks***





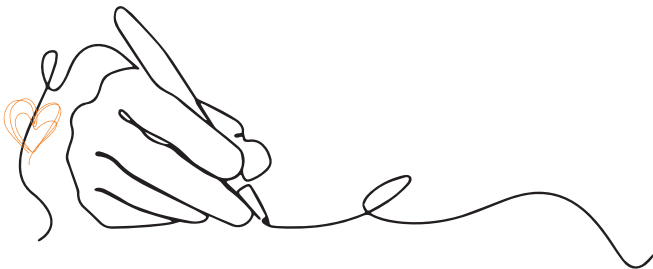
# Instructions

## MINDFULNESS

### Giving Thanks

1. Think about some nice things that someone has done for you. It could be a parent, a guardian, a friend, a teacher, or a family member.
2. Then, challenge yourself to say “thank you” to that person next time you talk to them.
3. Do this for at least 5 different people in your life.

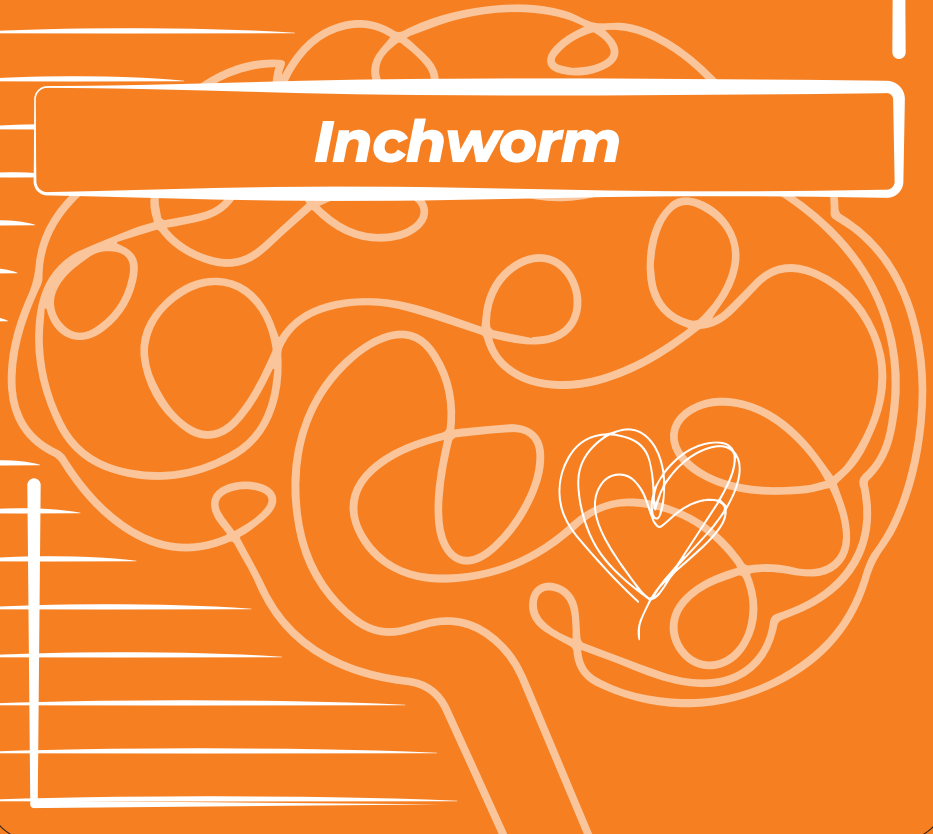
**Consider writing a thank you note for each person and giving it to them in person.**





**MINDFULNESS**

***Inchworm***





# Instructions

## **MINDFULNESS** **Inchworm**

1. Stand tall with your feet hip-distance apart.
2. Take a breath in. As you exhale, look down at the floor and reach your hands towards the floor in front of your feet.
3. Keeping your knees bent slightly, allow your back to bend forward rolling one vertebrae at a time.
4. Walk out to a plank position and then walk back with a slight bend in your knees to the standing position without moving your hips.
5. Repeat 25 times.





**MINDFULNESS**

**Self-Hug**





# Instructions

## MINDFULNESS Self-Hug

1. Sit in the criss-cross position on the floor.
2. Put one hand on your stomach and one hand on your back, or cross your arms over your chest.
3. Allow your breath to fill your back and stomach with your inhale. Close your eyes and visualize the air filling your body.
4. Release your breath for 5 seconds and repeat the process 25 times.

Watch  
Video

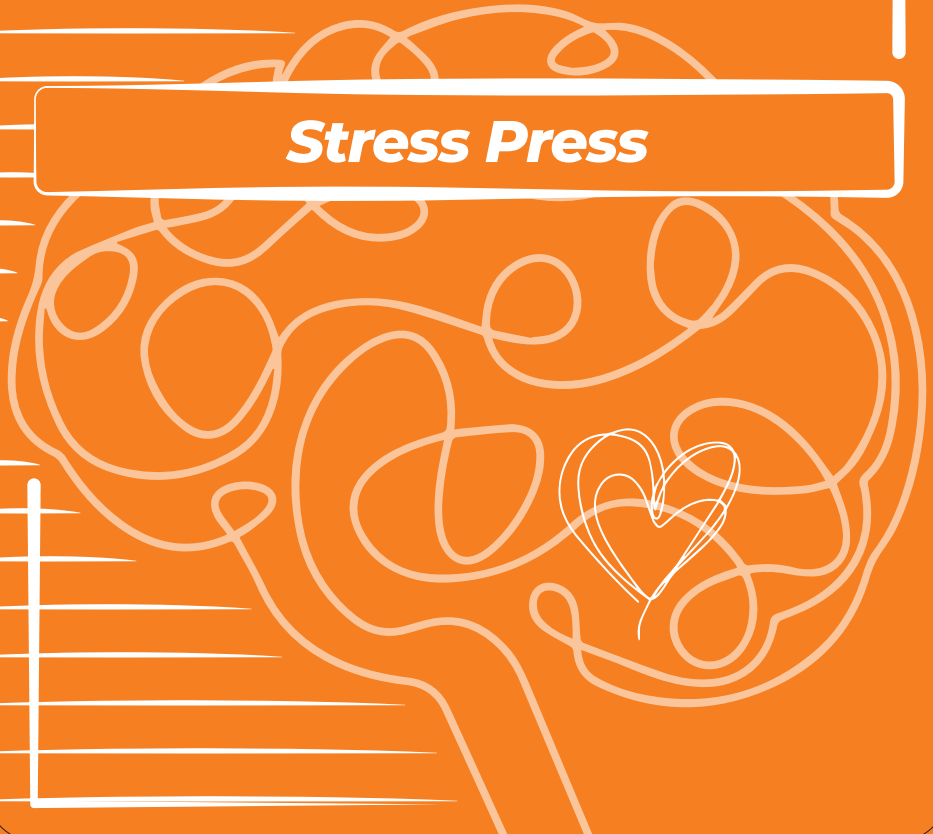






**MINDFULNESS**

***Stress Press***





# Instructions

## MINDFULNESS

### Stress Press

1. Sit on the floor in a comfortable position.
2. Put your hands in the prayer-position or the meditation-position leveled at your heart.
3. Notice your breath. Start counting down from 20.
4. Every 5 seconds, press your hands harder together. Then release and relax for 5 seconds.
5. Repeat 25 times.

Watch  
Video





**CARDIO**

# ***Alternating Knee Drives***





# Instructions

## CARDIO

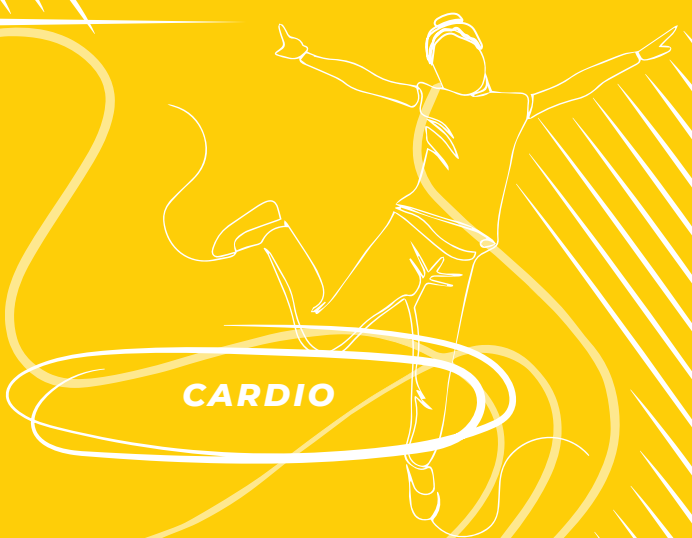
### Alternating Knee Drives

1. You are now training for a Ninja Warrior Race! Stand with feet in split stance with toes facing forward and arms reaching straight above head.
2. Drive one knee to chest while tapping both arms to raised knee. Rotate between both legs and add speed.
3. Repeat 25 times on each side.



**Try timing  
who can get  
more taps in  
1 minute.**

**Watch  
Video**



**CARDIO**

***Cactus***





# Instructions

## CARDIO

### Cactus

1. Start in the standing position with hands on hips.
2. Switching from one foot to the other, jump up and over the cacti while keeping the other knee in front of your body.
3. Hop with your right foot and your left knee up and aligned with your hip. Then switch and hop with your left foot and your right knee up and aligned with your hip.
4. Repeat 50 times.

***Pretend you are in the desert with cacti everywhere. Don't get poked!***

**Watch Video**





**CARDIO**



***Changements***



# Instructions

## **CARDIO** **Changements**

1. Start in a standing position with your right heel touching your left big toe. Stand tall and proud with your hands at your side or on your hips.
2. Jump as high as you can with both legs straight and land back into the original position.
3. Once you get the hang of that, alternate between your right heel in front of your left big toe, and your left heel in front of your right big toe.
4. Repeat as many times as possible in 1 minute.



**Watch  
Video**

***Channel your inner ballerina with the changing of your feet called “changements”.***



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**CARDIO**

## ***Cross Jacks***





# Instructions

## CARDIO

### Cross Jacks

1. Start with your feet shoulder-width apart. Extend your arms out to either side with your palms facing down.
2. Jump and cross your right arm over your left, and your right foot over your left. Then jump back into the starting position.
3. Repeat the process on the opposite side.
4. Repeat as many times as possible in 1 minute. Repeat for 3 rounds.

**Pair with an upbeat song like "Try Everything" by Shakira.**

**Watch Video**





**CARDIO**

***Fast Feet***



# Instructions

## CARDIO

### Fast Feet

1. Start in a squat position with your feet shoulder-width apart. This is your “rest” position.
2. Push off the balls of your feet and run in place quickly. This is your “on” position.
3. Alternate between 30 seconds of “on” and 30 seconds of “rest”, repeating for 5 rounds.

***Pretend you are your favorite football player!***





**CARDIO**

## ***Frog Hops***





# Instructions

## CARDIO

### Frog Hops

1. Start with your feet shoulder-width apart.
2. Squat down and then jump up and forward as far as you can.
3. When you land, go directly into another squat and get ready to jump again.
4. Do 10 jumps in a row and then relax. Complete this for 3 rounds.

**Get your lily pads ready for these frog hops! Don't forget to "ribbit" like a frog with each jump!**



**Watch  
Video**



**CARDIO**

# ***Hacky Sack***





# Instructions

## CARDIO

### Hacky Sack

1. Balance on one foot and make sure you're in an open space.
2. Lift one leg and tap your inner foot with your opposite hand.
3. Rotate between both legs. Increase your speed gradually by quickly switching between legs.
4. Complete as many times as possible in 1 minute.



**Challenge a buddy  
and see who can  
get more taps in  
1 minute.**





**CARDIO**

***Jumping Jack Touchdowns***



# Instructions

## CARDIO

### Jumping Jack Touchdowns

1. Stand with your feet together, and do 1 jumping jack (jump with your feet out and back in).
2. Jump into a low squat and touch the floor between your feet with both hands. This is called a “touchdown”.
3. 1 jumping jack and 1 touchdown count as 1 repetition. Complete 50 repetitions in a row!



**For an added challenge, increase your speed and race to 100 with a buddy.**



**CARDIO**

# ***Mario Jump***





# Instructions

## CARDIO

### Mario Jump

1. Stand upright with your feet together. Begin the “power-pounce” by stomping your right foot and bending your knees into a squat. Your right hand should be in a fist near your ear, while your left hand can rest on your hip or at your side.
2. As you stomp, bring your right knee up to your chest and extend your right arm straight above your head, like Mario hitting a block.
3. Repeat this movement 25 times on each side.

**Increase your speed and race to 100 with a family member.**

**Watch Video**

**2.**



**3.**



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**CARDIO**



***Punching Bag***



# Instructions

## **CARDIO** **Punching Bag**

1. Stand with your feet hip-width apart and your hands in fists by your chin.
2. Turn your core to the right so you are facing sideways and punch with your left arm. Return back to center.
3. Turn your core to the left so you are facing sideways and punch with your right arm. Return back to center.
4. Repeat back-and-forth 50 times as fast as possible. Repeat for 3 rounds.

**See how many punches you can throw in 1 minute!**





**STRENGTH**

***Baseball Swing 180 Jump***



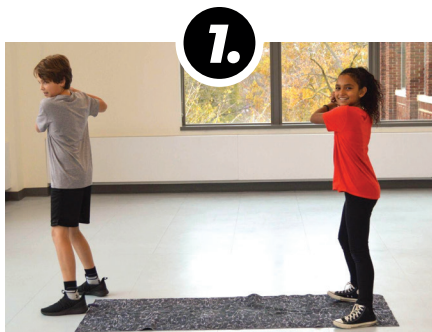


# Instructions

## STRENGTH

### Baseball Swing 180 Jump

1. Start by standing in a baseball hitting stance, with feet shoulder-width apart.
2. Lift your imaginary bat up.
3. Hit an imaginary baseball as hard as you can!
4. Do a full circle jump in the air to celebrate!
5. Repeat 25 times on each side.







**STRENGTH**

## ***Bear Crawl***





# Instructions

## STRENGTH

### **Bear Crawl**

1. Start in a push-up position with your hands shoulder-width apart and straight out below your body.
2. Push your toes on your left foot into the floor while squeezing your right thigh and glute.
3. Move your left hand and your right leg forward to start crawling.
4. Alternate your arm and leg movements while keeping your back straight.
5. Crawl for 1 minute.

Watch  
Video





**STRENGTH**

# ***Bicycle Crunch***





# Instructions

## STRENGTH

### **Bicycle Crunch**

1. Start by laying on the floor with your lower back pressed flat into the floor and your shoulders raised slightly above it.
2. Place your hands behind your head. Lift one leg just above the floor and extend it.
3. Lift the other leg and bend your knee towards your chest. As you do, twist your core so that the opposite arm comes towards your raised knee. Keep your core flat.
4. Lower your leg and arm at the same time. Then repeat on the other side. Complete 50 rounds on each side, taking breaks as needed.

Watch  
Video





**STRENGTH**

## ***Blast-Off Lunge***



# Instructions

## **STRENGTH** **Blast-Off Lunge**

1. Get into a lunge position with your left leg forward, hips underneath you, and your right leg behind your right hip.
2. Slowly sink into a lunge, trying to get your knee to touch the floor.
3. Immediately “blast-off” by hopping upwards and into the next lunge position with your right leg forward and your left leg behind.
4. Complete as many rounds as you can for 1 minute.

***As an alternative, try jumping with your feet together and then bounce into the next lunge.***





**STRENGTH**

## ***Catcher's Waddle***





# Instructions

## **STRENGTH** **Catcher's Waddle**

1. Pretend you're a Major League Baseball catcher!
2. Get into your catcher's stance with your imaginary glove in front of you.
3. Walk in a catcher's squat position for 1 minute. Repeat 3 times.

**Get a friend to join you and race!**







**STRENGTH**

## ***Ceiling Smasher***





# Instructions

## **STRENGTH** **Ceiling Smasher**

1. Get into a crawling position with your hands on the floor under your shoulders and your knees touching the floor, but aligned under your hips.
2. Raise your right leg so your right foot is facing up toward the ceiling, and your knee is still parallel to the floor.
3. Complete 25 Ceiling Smashers by pulsing your foot up towards the ceiling. Then switch to the other side and do another 25.
4. Complete 3 rounds on each side.

Watch  
Video





**STRENGTH**

## ***Curtsy Lunge***



# Instructions

## STRENGTH

### Curtsy Lunge

1. Stand with your feet hip-distance apart. Let your arms fall at your sides.
2. Cross your right foot behind your left foot. Keep your right toe tucked and clasp your hands together at your heart.
3. Lunge down as deeply as possible, hovering your knee a couple of inches off the floor.
4. Slowly return to the standing position with your feet hip-distance apart from the curtsy position.
5. Complete 25 rounds on each side.

***For better balance,  
you can place your  
hands on your hips.***



**Watch  
Video**



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The image features a green background with white line art. At the top, a person is shown from the chest up, with their arms raised in a celebratory gesture. A speech bubble-like shape is positioned in front of their chest, containing the word "STRENGTH" in bold, uppercase letters. Below this, a horizontal bar contains the phrase "Down, Down, Up, Up" in a bold, italicized font. The bottom half of the image shows a person from the waist up, also with arms raised. In the bottom left corner, there is a circular inset containing a smaller line art figure of a person in a dynamic pose. The entire composition is framed by a white border with rounded corners.

**STRENGTH**

***Down, Down, Up, Up***



# Instructions

## STRENGTH

### Down, Down, Up, Up

1. Find a carpeted area. Start in a standing position with your hands behind your head.
2. Take your left knee down to the floor, and then take your right knee down to the floor.
3. From your knees, bring your left knee up. Then bring your right knee up, and come back to your original standing position. Switch your start leg.
4. Complete as many rounds as you can for 1 minute.

2.



3.



4.



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**STRENGTH**

***Good Morning***





# Instructions

## **STRENGTH** **Good Morning**

1. Stand with your feet hip-width apart, both hands clasped behind your head, and your legs straight.
2. With weight in both of your heels, and your back flat, lower your chest by hinging at your hips. Lower as much as you can while keeping your legs straight and your back flat. Then stand back up.
3. Complete 3 sets of 10.



**For 1 more point,  
learn how to say  
“good morning”  
in 3 languages.**





**STRENGTH**

***Oh My Gosh***





# Instructions

## STRENGTH

### Oh My Gosh

1. With your feet together and your hands to the ceiling, jump up towards the sky. Then say “Oh!” as you jump.
2. Place your hands on the floor and jump your feet out into a plank. Say “My!” as you do it.
3. Then pop back into your starting position and say “Gosh!” as you do. Repeat 30 times.





**WITH A BUDDY**

# ***Scarf Toss***





# Instructions

## WITH A BUDDY

### Scarf Toss

1. Start by having both partners facing toward each other and 6 feet apart.
2. Using scarves, a washcloth, or any safe household object, toss back and forth between partners.
3. Complete as many rounds as possible for 3 minutes.

**Add challenges like balancing on one leg, or adding a jump-spin once the item is caught.**





**WITH A BUDDY**

# ***Buddy Wall Sits***





# Instructions

## WITH A BUDDY

### **Buddy Wall Sits**

1. Start by standing back-to-back with your partner with your feet shoulder-width apart.
2. While in contact with your partner, lower down into a squat position.
3. Hold this position for 30 seconds like you are doing a traditional wall sit, but you are using your partner as the wall!
4. Hold for 30 seconds and repeat 2 more times.



**Watch  
Video**

***Try to hold longer than 30 seconds on your next round.***



**WITH A BUDDY**

***Dance Freeze***





# Instructions

## WITH A BUDDY

### Dance Freeze

1. Choose an open space clear of obstacles.
2. Start the music and take turns freezing when the music stops.
3. Stay in the position where you froze until the music starts again.
4. Repeat 6 rounds of “dancing” and 6 rounds of “freezing”.

**Anyone who doesn't freeze when the music stops must do 10 jumping jacks!**

Watch  
Video







**WITH A BUDDY**



***Disco Party***





# Instructions

## WITH A BUDDY

### Disco Party

1. Jump with your feet together to the right, and then jump to the left 10 times.
2. Point with your right arm to the upper right corner, then the bottom left corner, 5 times while bouncing in place.
3. Point with your left arm to the upper left corner, then the bottom right corner.
4. Repeat for the duration of 1 “disco boogie” song of your choice.

***It's boogie time! Shake it, don't break it!***

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Video**





**WITH A BUDDY**

## ***Dryer Move***





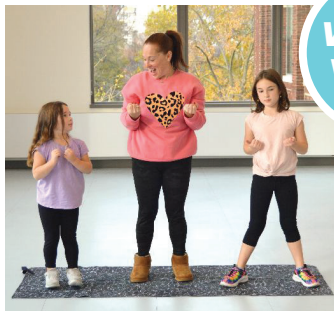
# Instructions

## WITH A BUDDY

### Dryer Move

1. Stand with your feet wider than your hips. Turn your toes out and put weight on your heels.
2. Bend and reach your arms forward like grabbing laundry out of a dryer. Then stand back up.
3. Repeat as many rounds as possible in 1 minute.

***As an alternate option, face your partner in the squat position and pass a pillow back-and-forth. To add some speed, squat while holding the pillow and pass it as you rise to stand.***



Watch  
Video





**WITH A BUDDY**

***Finder's Keeper***





# Instructions

## WITH A BUDDY

### Finder's Keeper

1. Both partners face each other and get into a plank position on your forearms or hands. Shoulder-width apart.
2. Put a small object in between you and your partner or group.
3. Everyone count to 5 out loud. Whoever can grab the item the quickest after the count, wins!
4. Repeat 10 times. Complete 3 rounds of 10.

Watch  
Video





**WITH A BUDDY**

# ***High-Five Crunches***





# Instructions

## WITH A BUDDY High-Five Crunches

1. You and your partner will both start by facing each other, lying on your backs, knees bent, and feet touching each others.
2. At the same time, you both will come up to your knees to do an ab crunch.
3. When you get to the top of your crunch, give your partner a double-handed high-five and then lower back to the floor.
4. Repeat as many rounds as possible for 1 minute.



Watch  
Video





**WITH A BUDDY**

# ***High-Five Planks***





# Instructions

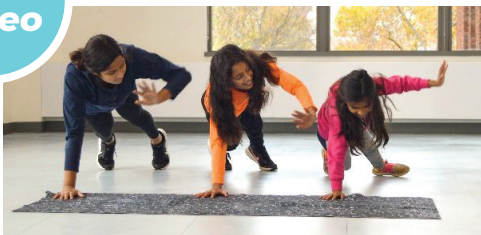
## WITH A BUDDY

### High-Five Planks

1. Get into the plank position facing your buddy.
2. Switch over to a side plank on your left side and high-five your buddy. Rotate back to plank position.
3. Switch over to a side plank on your right side and high-five your buddy. Rotate back to position.
4. Repeat 3 rounds of 10.



Watch  
Video





**WITH A BUDDY**

***Number Planks***





# Instructions

## WITH A BUDDY

### Number Planks

1. Both buddies will start in a plank position with arms straight under their shoulders and knees on the floor.
2. Buddy 1 will call out a number, and Buddy 2 will draw that number with their hands or feet, either in the air or on the floor.
3. Take turns calling out numbers and using different feet and hands.
4. Complete 25 rounds.



**Make it challenging  
by calling out larger  
numbers, like 1817!**



**WITH A BUDDY**

# ***Single Leg Balance***





# Instructions

## WITH A BUDDY

### Single Leg Balance

1. Start by having Buddy 1 balance on one leg with Buddy 2 standing behind.
2. Buddy 2 will then gently push and pull Buddy 1 trying to knock them off balance. This will force Buddy 1 to try and stabilize and come back into balance.
3. Do this for 30 seconds on each leg. Then switch roles and complete 2 times per leg, per partner.



**Be careful not to push and pull too hard.**

**Watch  
Video**