


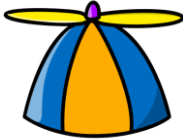
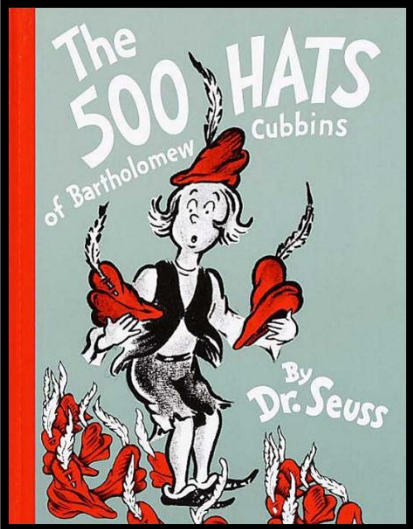





<p>Toss and Catch your Winter Hat</p> <p>Can you clap before you catch it?</p> 	<p>Balance your hat on your foot – now move your foot up and down. Try the other foot.</p> 	<p>Count all the hats in the room and do that many jumping jacks.</p> 
<p>Toss your hat back and forth with a friend as you count to 100 by 10's. How about by 5's?</p> 		<p>Hold your hat with two hands – reach as high as you can then reach as low as you can. Do this as you sing the ABCs.</p> 
<p>Balance your hat on your back as you do 8 pushups.</p> 	<p>Create math problems using the colors of the hats - red hats + blue hats Do that many squats.</p> 	<p>Put your hat on the floor and hop around it 7 times</p> 