



# Would You Rather...Holiday Edition!



Teachers, call out the number of exercises for each question!

**Would You Rather...**

**Get cash for Christmas?**  
Jump in place as high as you can

Or

**Get gifts for Christmas?**  
Do squats

**Would You Rather...**

**Eat only Christmas cookies for 3 days?**  
March in place

Or

**Eat only candy canes for 3 days?**  
Jog in place

**Would You Rather...**

**Build a snowman?**  
Stretch your arms up to the sky

Or

**Make snow angels?**  
Stretch and touch your toes

**Would You Rather...**

**Have green hair?**  
Walk fast and touch # green things around the room

Or

**Have red hair?**  
Walk fast and touch # red things around the room

**Would You Rather...**

**Visit the North Pole?**  
Jump side to side

Or

**Visit Disney World?**  
Jump forward and backward

**Would You Rather...**

**Have a Halloween party?**  
Arm circles

Or

**Have a Christmas party?**  
Neck circles

**Would You Rather...**

**Drive a sleigh?**  
One lap around the room galloping

Or

**Ride on a reindeer?**  
Frog jumps

**Would You Rather...**

**Make toys in the workshop?**  
Pretend to jump rope

Or

**Deliver toys all over the world?**  
One lap around the room skipping

**Would You Rather...**

**Listen to only Christmas music for a week?**  
Lie on your back and pretend to ride a bike

Or

**Sing only Christmas songs for a week?**  
Lie on your stomach and pretend to swim

**Would You Rather...**

**Go ice skating?**  
Pretend to ice skate

Or

**Go snowboarding?**  
Lift knees to touch elbows

**Would You Rather...**

**Get coal in your stocking?**  
Push-ups

Or

**Get nothing in your stocking?**  
Sit-ups

**Would You Rather...**

**Have a fake/plastic Christmas tree?**  
Do your favorite dance move

Or

**Have a real Christmas tree?**  
Karate chops

**Would You Rather...**

**Drink apple cider?**  
Pretend to kick a soccer goal

Or

**Drink hot chocolate?**  
Pretend to shoot a basketball

**Would You Rather...**

**Smell like a pine tree?**  
Balance on right leg like a tree

Or

**Look like a gingerbread man/woman?**  
Give (#) friends a jumping high five

**Would You Rather...**

**Train the reindeer?**  
Wall sit

Or

**Be the head elf?**  
One lap around the room on tip toes

**Would You Rather...**

**Meet the Grinch?**  
Do shoulder shrugs

Or

**Shovel snow for 5 hours?**  
Pretend you are shoveling snow



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**Would You Rather...**

Decorate your house with colored Christmas lights?

Side bends

Or

Decorate your house with white icicle lights?

Hop on your left foot

**Would You Rather...**

Decorate Christmas cookies?

Butt kicks

Or

Decorate a Christmas tree?

High knees

**Would You Rather...**

Make a gingerbread house?

Balance on your left leg

Or

Open one Christmas gift a day early?

Twist side to side

**Would You Rather...**

Make a snow fort?

Pretend to climb a ladder

Or

Have a snowball fight?

Pretend to throw snowballs

**Would You Rather...**

Hang out with Frosty the Snowman for a day?

Run in place for # seconds

Or

Hang out with the Elf on the Shelf for a day?

Side lunge left

**Would You Rather...**

Shop for gifts the day before Christmas?

Plank position

Or

Shop for Christmas gifts all year long?

Side lunge right

**Would You Rather...**

Jump in the world's biggest pile of snow?

Pretend to jump into a pile of snow # times, landing on your feet

Or

Ski down the biggest mountain in the world?

Pretend to ski

**Would You Rather...**

Have everything you touch crumble and fall apart like snow?

Hop on your right foot

Or

Have everything you touch turn to solid ice?

Side step

**Would You Rather...**

Have a snowy and cold Christmas?

Hit home runs

Or

Have a warm Christmas with no snow?

Jump in place

**Would You Rather...**

Live in the world's fanciest ice palace?

Wave your hands as fast as you can

Or

Live in the world's largest igloo?

Wiggle like a worm

**Would You Rather...**

Celebrate Christmas 2 times per year?

Jumping jacks

Or

Celebrate your birthday 2 times per year?

Dance like a ballerina

**Would You Rather...**

Have Olaf for a friend?

Lie on your back, write your name in the air with both feet

Or

Have Elsa for a friend?

Write your name in the air with both arms

**Would You Rather...**

Be able to travel the world in one night?

Hop with two feet

Or

Be able to create anything you want out of ice?

Sprint in place

**Would You Rather...**

Be a polar bear?

Bear crawl around the room once

Or

Be a penguin?

Walk like a penguin around the room once

**Would You Rather...**

Stick your hand in a bucket of ice water?

Jump and turn 360 degrees

Or

Stick your face in a pile of snow?

Balance on each leg for # seconds

**Would You Rather...**

Spend all day watching Christmas movies?

Pretend to paddle a canoe

Or

Spend all day sledding?

Have a dance party