



# AI Says

**Get moving by playing AI Says with these fun activities.**

In this version, all statements begin with “AI Says.”

The children are listening and moving their bodies. No one is out. Have fun!

Jump up and down.	Lie on your back & pedal your legs in the air like you are riding a bike.	Touch your toes 10 times.
Reach behind you and try to hold your foot with your hand without falling over.	Walk on your knees.	Spin around in circles 5 times.
Wave your arms above your head.	Pretend to shoot a basketball 10 times.	Show off your arm muscles. Squeeze and relax 5 times.
Lie on the floor and stretch out as far as you can for a count of 10.	Hop on one foot 8 times.	Walk like a bear on all fours.
Play air guitar.	Pretend to climb a ladder.	Hold your arms out at your sides and make circles with them in the air.
Take 5 of the biggest steps forward that you can.	Balance on one foot for a count of 10.	Take 4 large steps backwards.

