
















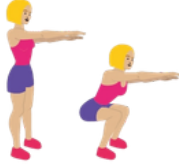
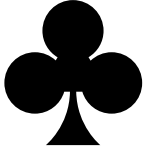

- Choose a card
- Do the movement for that suit as many times as the number of the card (e.g. 7 of clubs = 7 jumping jacks)

Suit	Movement
	 <b>Bounce</b>
	<b>Twists</b> 
	 <b>Split Bounce</b> (opposite arm with opposite leg, then switch)
	<b>Jumping Jacks</b> 
<b>Jack</b>	<b>Stretch</b> up high (6 seconds)
<b>Queen</b>	<b>Shake</b> whole body (6 seconds)
<b>King</b>	<b>March</b> on the spot (6 seconds)
<b>Ace</b>	<b>Rest</b> (6 seconds)
<b>Joker</b>	<b>Stand on one leg</b> (6 seconds)




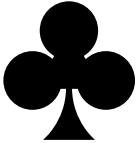
# Shuffle

(p. 35 of Bizzy Breaks booklet)

- Choose a card
- Do the movement for that suit as many times as the number of the card  
(e.g. 7 of clubs = 7 jumping jacks)

Suit	Movement
	 <b>Arm circles</b>
	 <b>Air punches</b>
	 <b>Squats</b>
	 <b>Jumping jacks</b>
<b>Jack</b>	<b>Stretch</b> up high (6 seconds)
<b>Queen</b>	<b>Shake</b> whole body (6 seconds)
<b>King</b>	<b>March</b> on the spot (6 seconds)
<b>Ace</b>	<b>Rest</b> (6 seconds)
<b>Joker</b>	<b>Stand on one leg</b> (6 seconds)

- Choose a card
- Do the movement for that suit as many times as the number of the card  
(e.g. 7 of clubs = 7 jumping jacks)

Suit	Movement
	
	
	
	
Jack	
Queen	
King	
Ace	
Joker	