

SPIN-A-MOVE

Gather Supplies:

2 Paperclips
2 Brads
Spin-A-Move Game Board

Prepare the Spinners:

1. Punch a brad through the center of each spinner, then fold the brad back. Leave about 1/4" between the top of the brad and the part of the brad where you fold it back.
2. Pull up the unbent part of the brad.
3. Slip a paperclip over the top of each brad.

Play:

1. Spin the **exercise** spinner on the left. This is the exercise you will do.
2. Spin the **number** spinner on the right. This is how many times to do that exercise.
3. Repeat as many times as you would like for more fun.

