

WHO IS YOUR
FAVORITE
SPORTS STAR
OR
MUSICIAN?

IF YOU
COULD VISIT
ANY PLACE IN
THE WORLD,
WHERE
WOULD IT BE
AND WHY?

WHAT'S BEEN
THE
HIGHLIGHT
OF YOUR DAY
SO FAR?

IF YOU COULD
CHOOSE ANY
SUPERPOWER,
WHICH ONE
WOULD YOU
PICK?

WHAT'S
YOUR
FAVORITE
SPORT TO
WATCH?
WHAT ABOUT
TO PLAY?

WHAT
HOBBIES OR
ACTIVITIES
DO YOU
ENJOY IN
YOUR SPARE
TIME?

DO YOU
HAVE ANY
SIBLINGS?

IS THIS YOUR
FIRST TIME
PARTICIPATING
IN LET ME
RUN?

HIGH PLANK

PLANK HIGH
5S

SQUATS

PARTNER
SQUATS

JUMP
SQUATS

BACK-TO-
BACK STAND
UP

SQUAT HOLD

SHOULDER-
TO-SHOULDER
WALL SIT

PLANK
JACKS

WHEEL-
BARROW

WALKING
LUNGES

MIRROR
LUNGES

JUMPING
JACKS

HIGH FIVE
JUMPS

FLUTTER
KICKS

PARTNER LEG
LOWERS

HIGH PLANK

PLANK HIGH
5S

SQUATS

PARTNER
SQUATS

JUMP
SQUATS

BACK-TO-
BACK STAND
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SQUAT HOLD

SHOULDER-
TO-SHOULDER
WALL SIT

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LUNGES

MIRROR
LUNGES

JUMPING
JACKS

HIGH FIVE
JUMPS

FLUTTER
KICKS

PARTNER LEG
LOWERS

WHAT IS
YOUR
FAVORITE
KIND OF
COOKIE?

IF YOU COULD
CHANGE ANY
RULE AT
SCHOOL,
WHAT WOULD
IT BE AND HOW
WOULD IT
MAKE SCHOOL
BETTER?

DO YOU
HAVE ANY
PETS AT
HOME? IF SO,
WHAT ARE
THEIR
NAMES?

IF YOU
COULD BE
ANY ANIMAL,
WHAT
WOULD YOU
CHOOSE
AND WHAT
WOULD YOU
DO?

WOULD YOU
RATHER READ
THE BOOK OR
WATCH THE
MOVIE?
WHICH STORY
COMES TO
MIND?

WHAT IS YOUR
FAVORITE
SEASON OF
THE YEAR AND
WHAT'S THE
BEST THING
ABOUT IT?

IF YOU COULD
HAVE DINNER
WITH ANY
FAMOUS
PERSON, WHO
WOULD IT BE
AND WHY?

HAVE YOU
EVER TRIED
RUNNING A 5K,
IF SO WHEN?