

(RED CARDS)

**Do 5 horse jumps
on your tile**

**Gallop to the next
red tile and back**

**Do 5 horse jumps
on your tile**

**Gallop to the next
red tile and back**

**Do 5 horse jumps
on your tile**

**Gallop to the next
red tile and back**

(RED CARDS)

**Trot to the last
tile and back**

**Roll 5x like a
horse in a field**

**Trot to the last
tile and back**

**Roll 5x like a
horse in a field**

**Trot to the last
tile and back**

**Roll 5x like a
horse in a field**

(Blue Cards)

**Jump back
2 spaces**

**Leap forward
1 space**

**Jump back
2 spaces**

**Leap forward
1 space**

**Jump back
2 spaces**

**Leap forward
1 space**

(Blue Cards)

**Do 3 horse kicks by
placing hands on ground
and kicking feet back**

**Be a rocking
horse laying on
your back and
rocking 6 times**

**Do 3 horse kicks by
placing hands on ground
and kicking feet back**

**Be a rocking
horse laying on
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rocking 6 times**

**Do 3 horse kicks by
placing hands on ground
and kicking feet back**

**Be a rocking
horse laying on
your back and
rocking 6 times**

(Yellow Cards)

**Do a headstand
for 5 seconds**

**Spin in a circle on
your horse 5 times**

**Do a headstand
for 5 seconds**

**Spin in a circle on
your horse 5 times**

**Do a headstand
for 5 seconds**

**Spin in a circle on
your horse 5 times**

(Yellow Cards)

**Give your horse
a two big hugs**

**Do a handstand
for 5 seconds**

**Give your horse
a two big hugs**

**Do a handstand
for 5 seconds**

**Give your horse
a two big hugs**

**Do a handstand
for 5 seconds**

(Green Cards)

**Neigh like a
horse 3 times**

**Jump on your
right leg 5 times**

**Neigh like a
horse 3 times**

**Jump on your
right leg 5 times**

**Neigh like a
horse 3 times**

**Jump on your
right leg 5 times**

(Green Cards)

**Lay your horse
down and do
a cartwheel**

**Balance on your left
leg for 10 seconds**

**Lay your horse
down and do
a cartwheel**

**Balance on your left
leg for 10 seconds**

**Lay your horse
down and do
a cartwheel**

**Balance on your left
leg for 10 seconds**



