

🕷️🕸️ Speak English with a deck of cards – Halloween 🕸️🕷️

🗣️🗣️ What is a zombie? ghost? witch? spider? skeleton? monster? cat? bat? vampire?

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 Diamonds 	 Clubs 	 Hearts 	 Spades 
A-1 Ace Move or walk like a zombie.	Sing like a zombie.	Do 5 push-ups.	Do 10 sit-ups.
2 Two Move or walk like a ghost.	Sing like a ghost.	Do a 45-second plank.	Do 16 bird dogs.
3 Three Move or walk like a witch.	Sing like a witch.	Do 20 jumps.	Do 15 stomps.
4 Four Move or walk like a spider.	Sing like a monster.	Spin around to the right 10 times.	Do 10 Superman exercises.
5 Five Move or walk like a skeleton.	Sing like a cat.	Spin around to the left 10 times.	Do 20 frog jumps.
6 Six Move or walk like a monster.	Sing like a bat.	Do side plank on the left side for 20 seconds.	Do side plank on the right side for 20 seconds.
7 Seven Move or walk like a cat.	Jump like a zombie.	Do a 1-minute wall sit (90 degrees).	Do 20 arm circles.
8 Eight Move or walk like a bat.	Jump like a ghost.	Hop on your right foot 10 times.	Do 10 star jumps.
9 Nine Move or walk like a vampire.	Jump like a witch.	Hop on your left foot 10 times.	Do 15 high knee lifts.
10 Ten Mime "scared".	Jump like a skeleton.	Do one minute of air cycling.	Clap 20 times.
J-11 Jack Mime "trick or treat".	Jump like a monster.	What does the zombie say?	What does the cat say?
Q-12 Queen Mime "creepy".	Jump like a bat.	What does the ghost say?	What does the bat say?
K-13 King Mime "happy".	Jump like a vampire.	What does the witch say?	What does the vampire say?

