**Weighted Stuffed Animal Exercises**

1. **Animal Lifts:**  Have the child hold the weighted stuffed animal in front of their chest with both hands and lift it up towards the ceiling, then lower it back down. This exercise targets the muscles in the arms, shoulders, and upper back.
2. **Animal Squats:** Have the child hold the weighted stuffed animal against their chest with both hands and perform squats by bending their knees and lowering their hips towards the ground, then standing back up. This exercise strengthens the legs, glutes, and core.
3. **Animal Push-Ups:** Place the weighted stuffed animal on the floor and have the child get into a push-up position with their hands on either side of the animal. They can then perform push-ups by lowering their chest towards the animal and pushing back up. This exercise works the chest, shoulders, arms, and core.
4. **Animal Lunges:** Have the child hold the weighted stuffed animal against their chest with both hands and step forward into a lunge position, bending both knees to lower their body towards the ground. They can then push back up to the starting position and repeat on the other side. This exercise targets the legs, glutes, and core.
5. **Animal Leg Lifts:** Have the child lie on their back with the weighted stuffed animal resting on their shins. They can then lift their legs up towards the ceiling, keeping them straight or slightly bent at the knees, and lower them back down. This exercise strengthens the muscles in the lower abdomen, hips, and thighs.
6. **Animal Planks:** Have the child get into a plank position with their forearms on the ground and the weighted stuffed animal placed on their back. They can then hold the plank position for as long as they can, engaging their core muscles to keep their body stable.
7. **Animal Wall Sits:** Have the child hold the weighted stuffed animal against their chest with both hands and lean back against a wall, sliding down into a seated position with their knees bent at a 90-degree angle. They can hold this position for as long as they can, working the muscles in their legs and core.
8. **Russian Twists:** Sit on the floor with your knees bent and feet flat on the ground. Hold the stuffed animal with both hands and lean back slightly. Twist your torso to one side, bringing the stuffed animal beside your hip, then twist to the other side. Aim for 3 sets of 12-15 twists per side.
9. **Arm Circles:** In standing, have the child hold the weighted stuffed animal at their chest, have them move their arms in a clockwise circle x10 and then a counterclockwise circle x10. This works on strengthening the arm and back muscles.
10. **Toe Touches**: In standing have the child hold the weighted stuffed animal at their chest. Then have the child reach their arms to the sky as high as they can and then lower their arms back down to touch their toes. Repeat x10. This works on strengthening muscles of the arms, legs, and core.
11. **Standing on 1 foot:** Standing on 1 foot, have the child hold the weighted stuffed animal for 10 seconds and then switch feet. This works on core and balance.
12. **Jumping:** Have the child put the weighted stuffed animal in between their legs and jump 20x. This strengthens your leg muscles.
13. **Marching:** In standing, have the child alternate lifting their knees tapping the weighted stuffed animal on the raised knee x10 each knee. This works on core, leg, and arm strength.