

The disciple Peter denied that he knew Jesus 3 times. Do 3 push-ups.

There were 12 disciples. Do 12 jumping jacks.

Judas betrayed Jesus for 30 pieces of silver. Jump up and down 30 times.

Jesus prayed in the garden. Walk on your knees around the room.

Lay on the ground and stretch out in the shape of a cross. Jump back up and repeat 5 times.

March like a soldier guarding the tomb.

Roll on the ground like the stone rolling away from the tomb where Jesus laid.

Fly like an angel who appeared to the women when the tomb was empty.

Jesus was in the tomb for 3 days. Spin around 3 times.

Act like you just saw Jesus for the first time after He rose from the dead.

Run around the house shouting "He is risen!"

Jesus ascended into heaven. Stretch your body as high as you can.