



Let's take a break!



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stretch



reach



bend



leg lifts



run in place



jumping jacks





Scamper
like a
squirrel.

Make
your
body fall
like a
leaf.

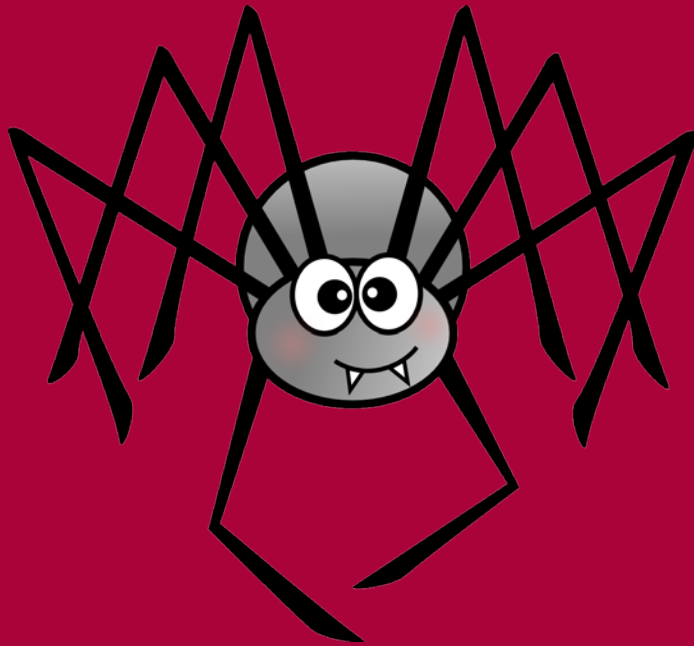




Make
your
body
round
like a
pumpkin.

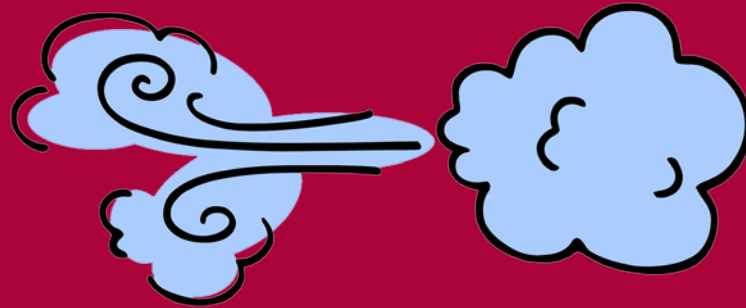
Make
your
body
roll like
an
apple





Make
your
body
crawl
like a
spider.

Make
your
body
sway
like the
wind.





Make
your
arms
move like
a bat's
wings.



Dance Party!

