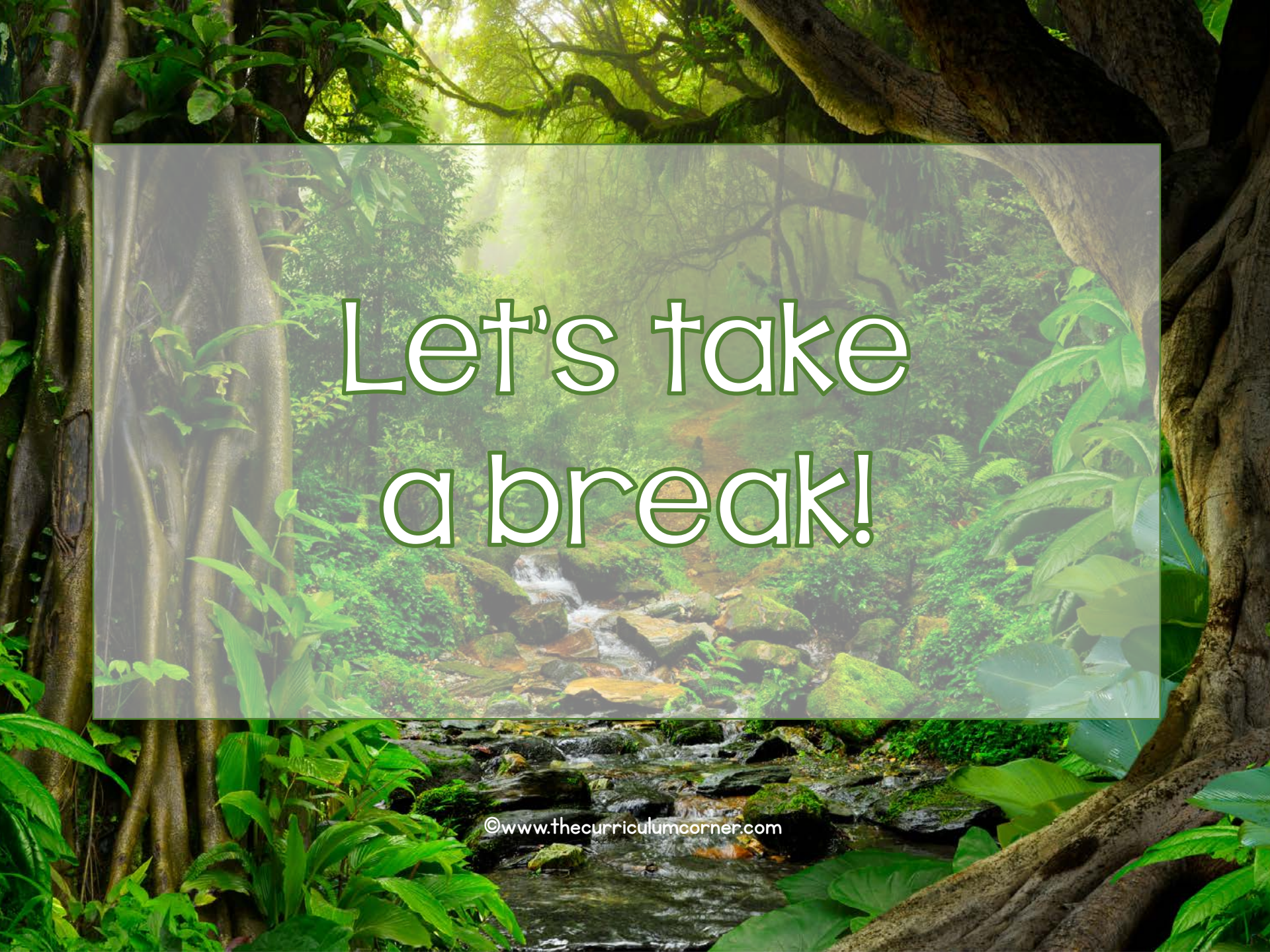




Let's take
a break!

stretch



bend



reach



leg lifts



jumping jacks



run in place





Bloom like
a flower.

Walk like a
jaguar.





Hop like a
frog.

Slither
like a
snake.





Move like
a sloth.



Dance Party!

