



Let's take a break!

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reach





# bend





# stretch



# leg lifts





# jumping jacks



run in place







Fall slowly  
like a  
snowflake.



Skate  
around  
the room.





Throw  
snowballs.



pretend  
to put on  
boots.





Chop wood  
for the  
fire.



Sip some  
hot  
chocolate.

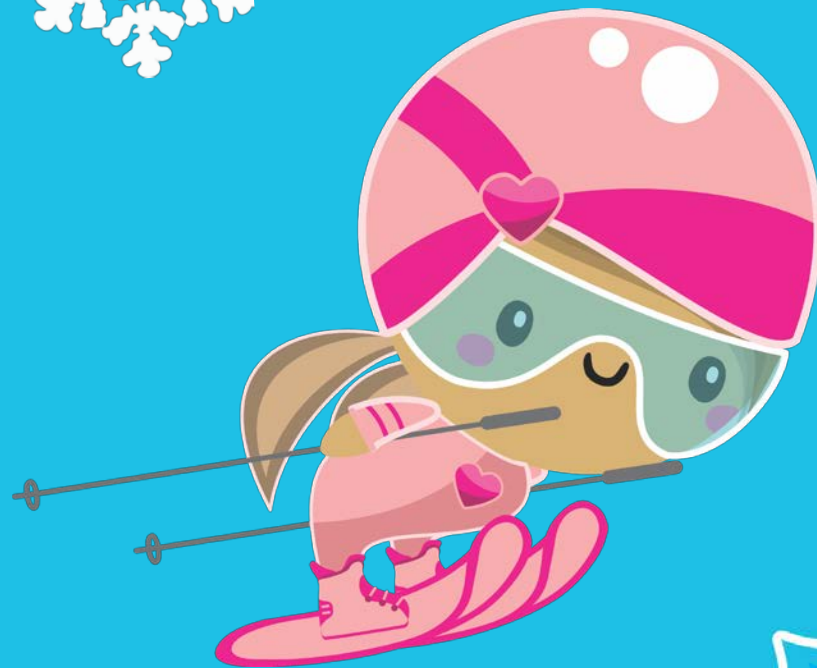


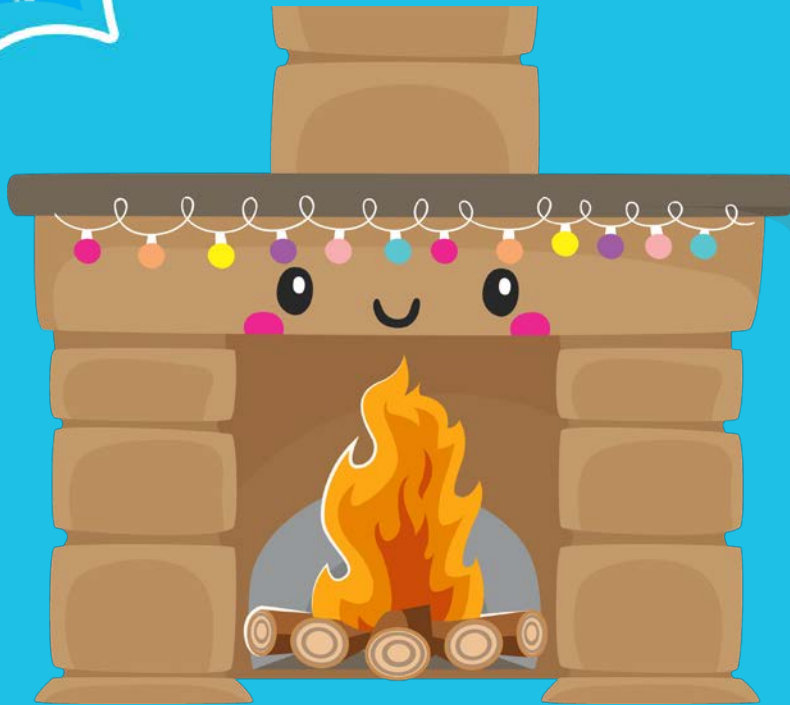


Pretend  
like you are  
a melting  
snowman.



Ski  
down a  
hill.





Warm  
yourself  
by the fire.





Dance Party!