



Let's take
a break!

bend



reach



stretch



jumping jacks



run in place



leg lifts



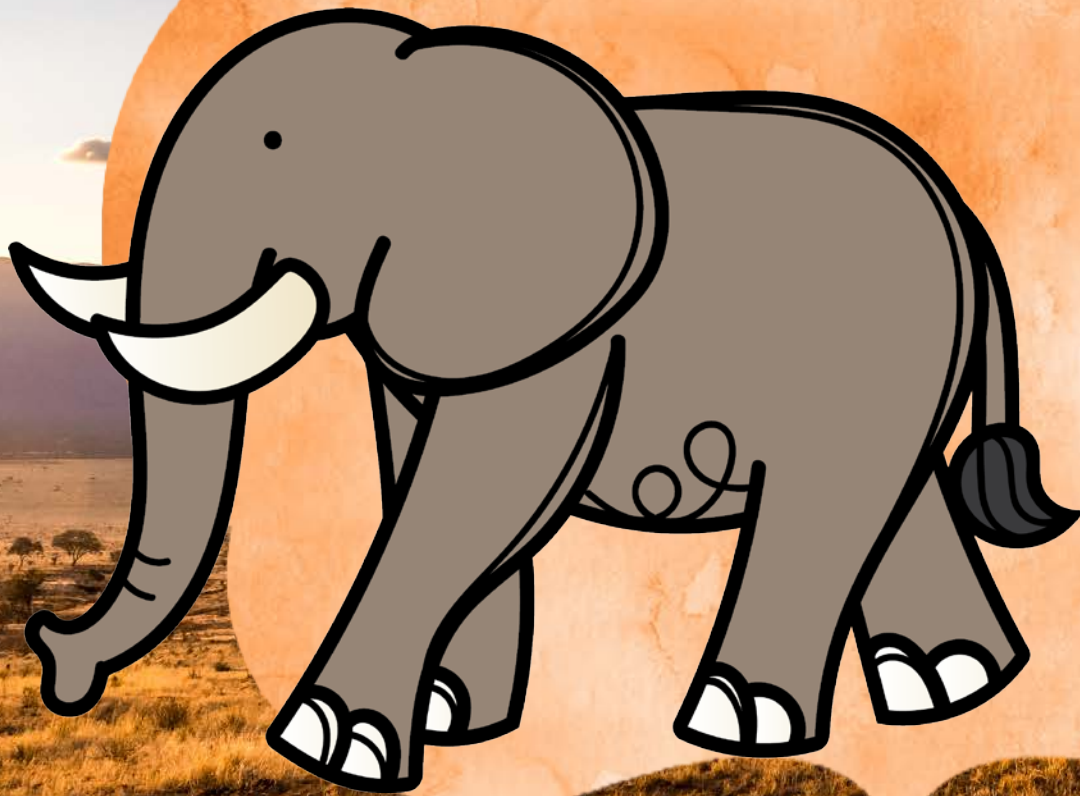


Sway like
the
grass.

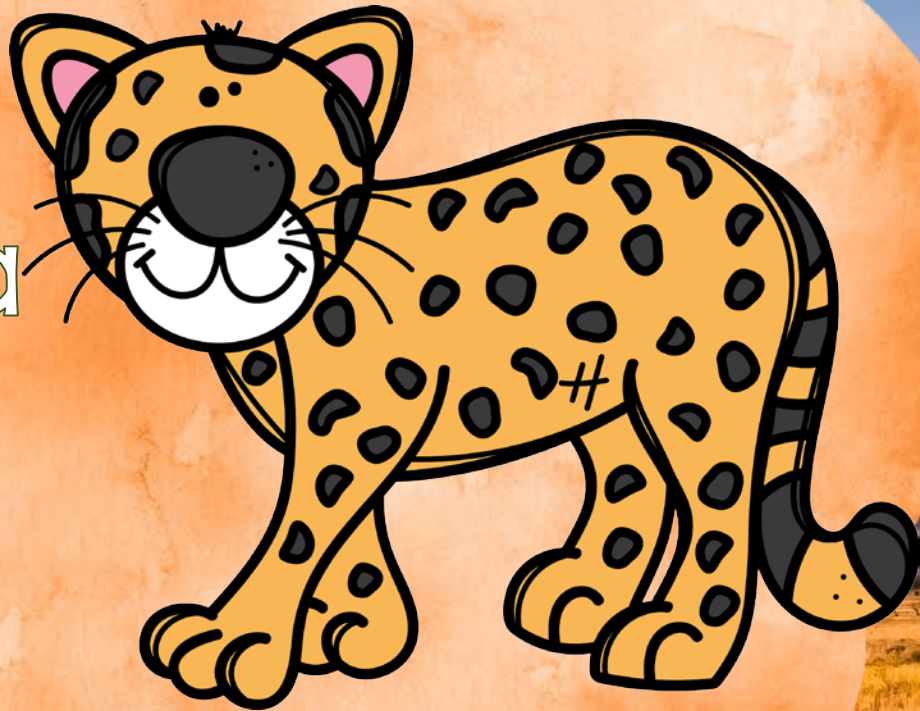
Stand tall
like a
tree.



Walk
slowly
like an
elephant.



Move
fast like a
cheetah.





Stretch
like a lion.



Dance Party!

