

A farm scene featuring a red barn, several tall silver silos, and a field of golden corn in the foreground. The background shows rolling green hills and a line of trees with autumn foliage. The sky is overcast with grey clouds. The text "Let's take a break!" is overlaid in the center in a white, rounded font with a green outline.

Let's take  
a break!

# bend



# stretch



# reach



run in place



# leg lifts



# jumping jacks





Make  
your  
body  
round like  
the sun.





prance  
like a  
horse.

Roll like a  
pig.





Open and  
close the  
barn  
door.



Ride a  
tractor  
like a  
farmer.

Pretend  
you are  
an apple  
falling  
from a  
tree.





Make a  
pile of  
hay.



# Dance Party!

