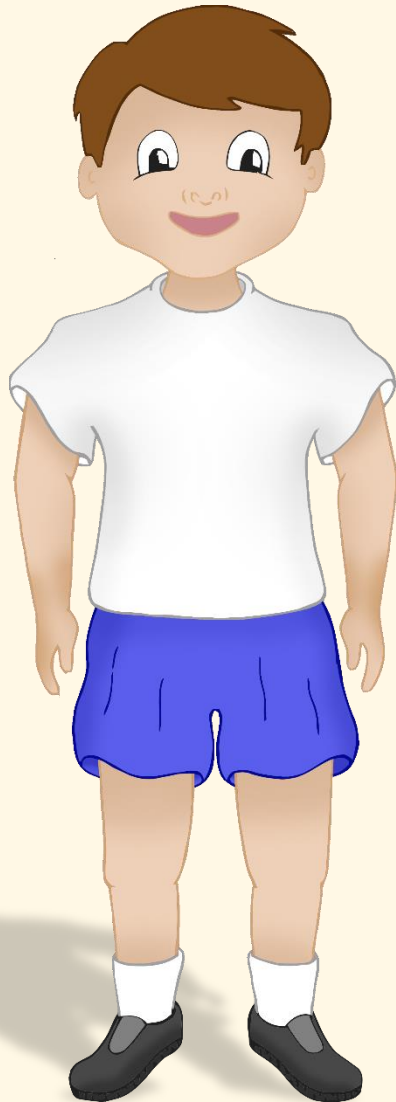




Run from one spot to another and then back.

EXERCISES

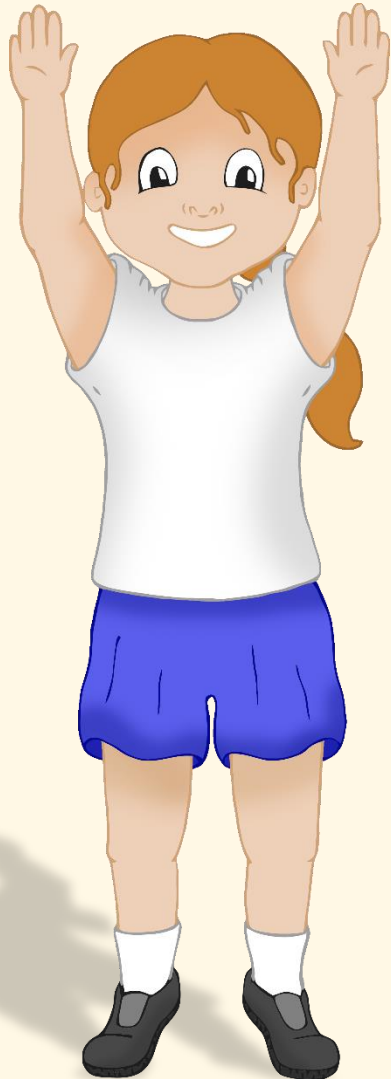
Star Jumps



Stand with arms at your sides. Then jump, spreading your arms and legs wide.

EXERCISES

Stretch up tall and then touch toes



Stretch up tall on your tiptoes and then bend down to touch your toes.



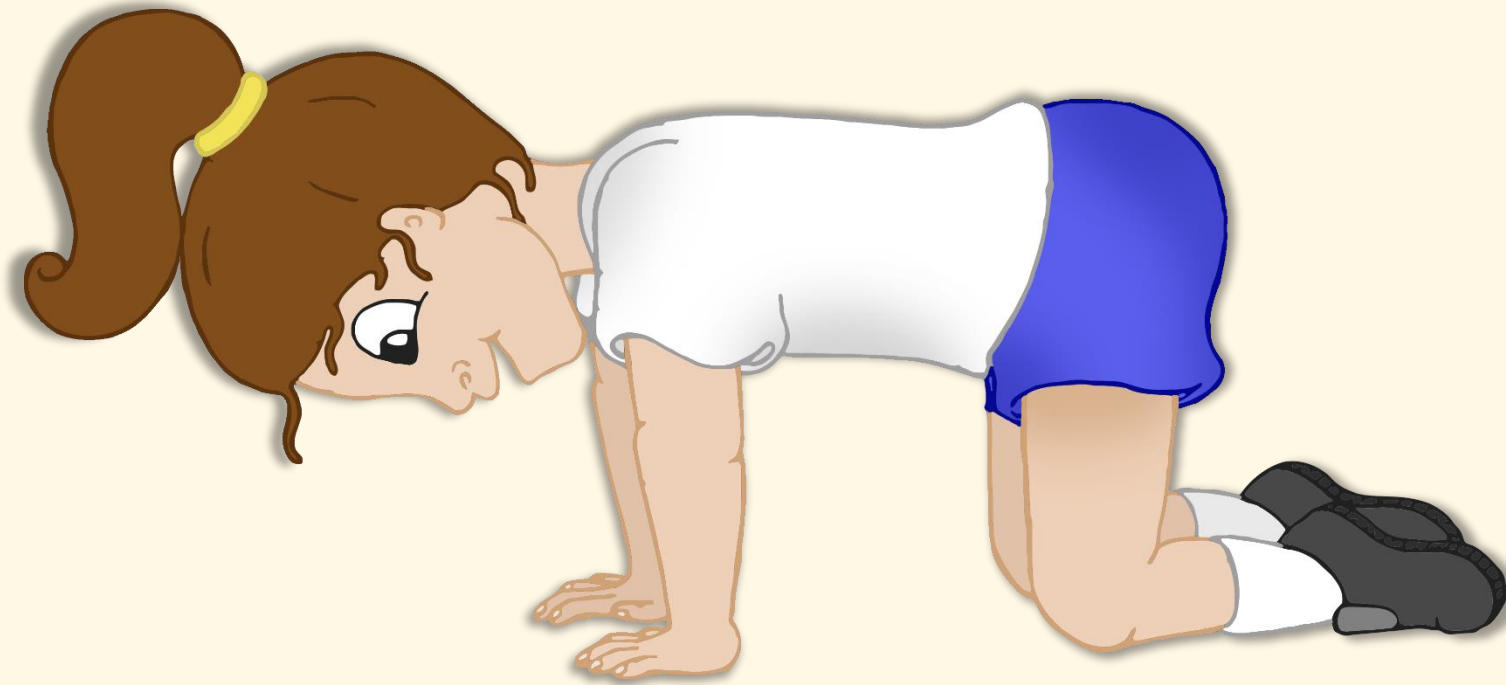
Stand on one leg and then hop up and down!

EXERCISES

Balance on one leg



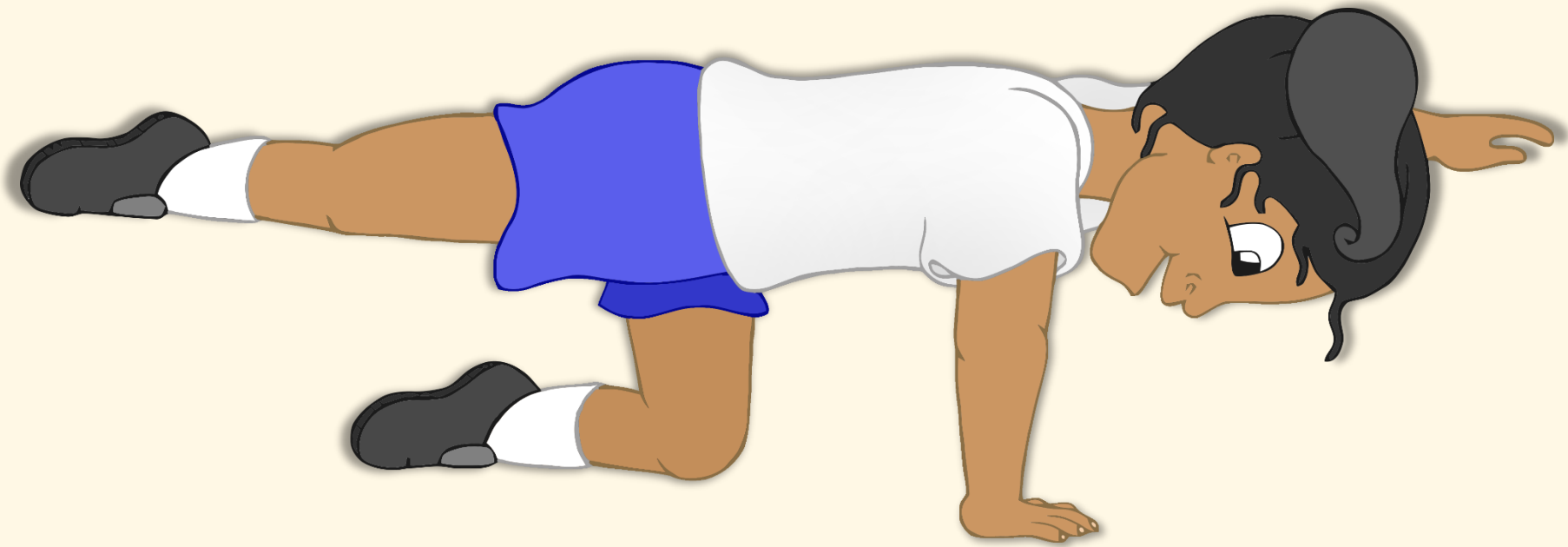
Stand on one leg. Then try to stay as still as you can for as long as you can!



On all fours bend your arms, then straighten them again.

EXERCISES

Balancing table pose



On all fours reach one arm forwards and the opposite leg backwards. Hold that position.