

Growing Flower

Start low like a seed, then sprout up and reach your petals up and out. Repeat 5 times.



Butterfly Jumps

Count backwards from 10 and do tiny, quiet butterfly jumps.



Frog Jumps

Squat down and pop up 10 times.



Bee Sting

Jump, Twist, Clap! Do it 10 times!



Flap Your Wings!

March in place and flap your bird wings 20 times.



Puddle Jumping

Jump forward and backward 10 times. Don't fall in the puddle!



Fly a Kite

Run in place as fast as you can for 20 seconds. Then look up at your kite flying high in the sky!



Umbrella Crosses

Criss-cross your arms 25 times!



Freeze! Like a Carrot!

Bring your hands up to a point above your head. Stand as still as you can. Take deep breaths and count backwards from 10.



Rain

Breathe in and raise your hands over your head and wiggle your fingers like rain. Breathe out, clap your hands together like thunder. Repeat with each breath.

