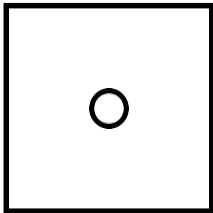


Lets Get Moving

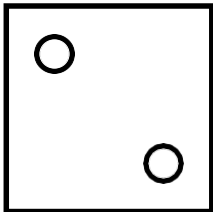
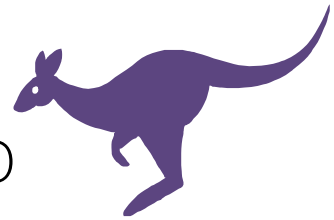
Roll The Dice

DIRECTIONS

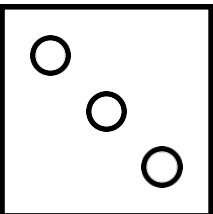
Have the child roll the dice.
Do the corresponding exercise for 30 seconds.
Roll again!



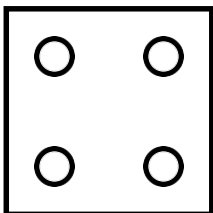
HOP LIKE A KANGAROO



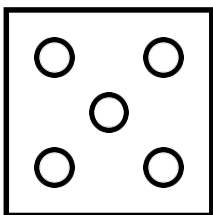
CRAWL LIKE A BEAR



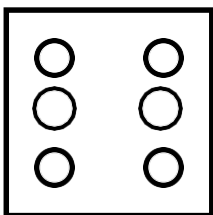
RUN LIKE A CHEETAH



FLAP YOUR WINGS LIKE A BIRD



WADDLE LIKE A PENGUIN



SLITHER LIKE A SNAKE

