



TOUCH  
YOUR  
TOES




Count to 5 &

**STRETCH**



1-2-3

**BREATHE**



1-2-3

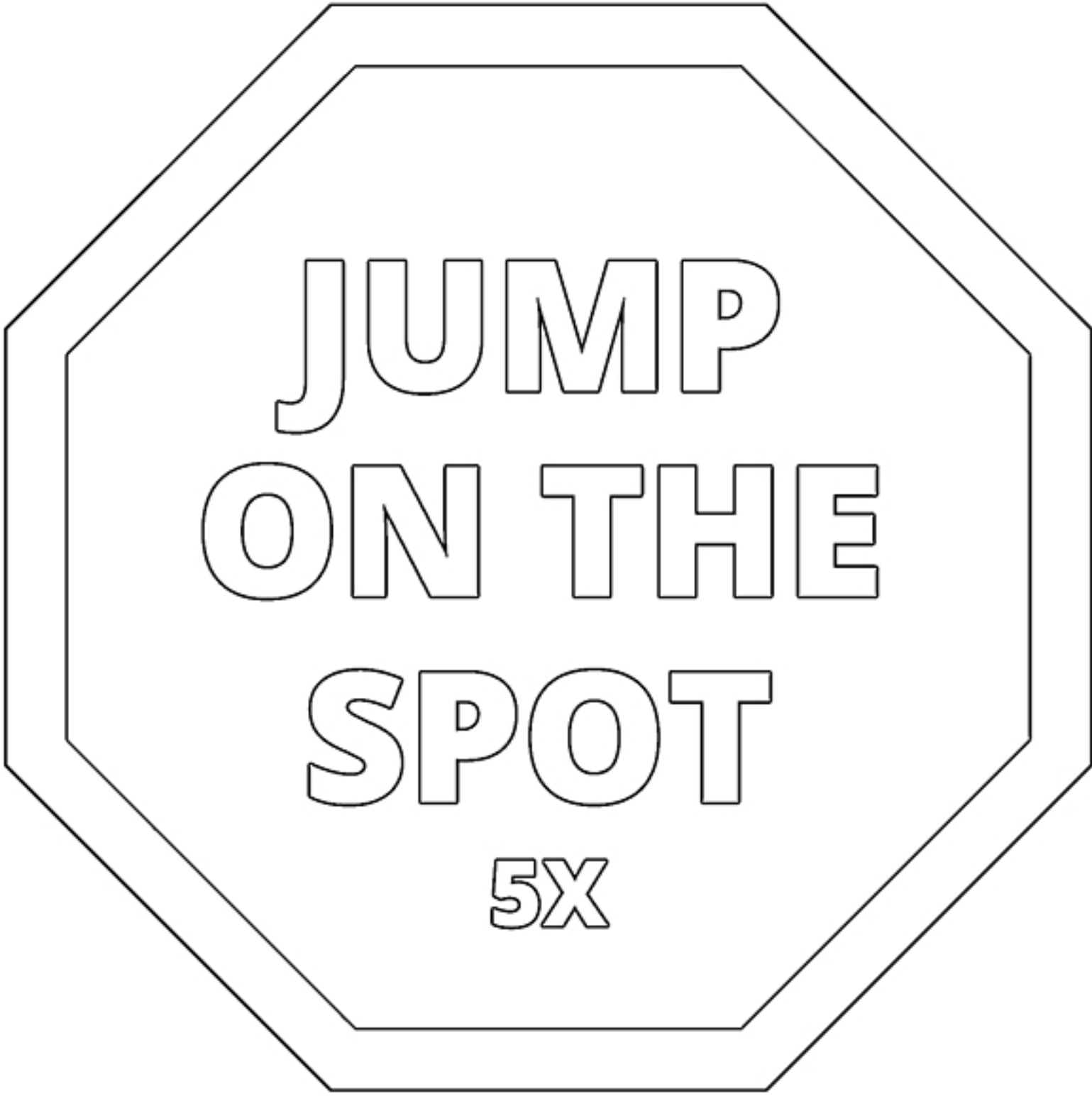
**BREATHE**



3

JUMPING

JACKS



JUMP  
ON THE  
SPOT

5X