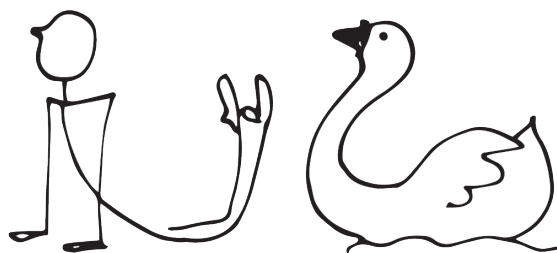


## Swan



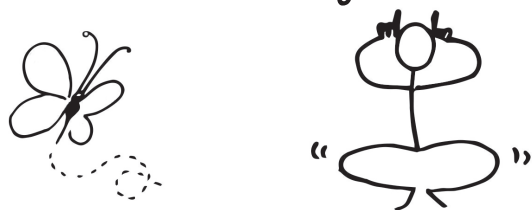
1. Begin on all fours. Slide down to rest on the tops of your thighs, pointing your toes up to the sky.
2. Lift your chest high and straighten your long swan neck. How beautiful you are as you glide around your pond.

## Roller Coaster



1. Sit down with legs spread wide. Put your hands around each other's waists. Hold tight.
2. As the roller coaster climbs up the hill, lean back.
3. Lean forward as you speed downward.
4. Be brave and raise your hands as you lean right and left!
5. Don't forget to yell: WHEEEEEEE!

## Butterfly



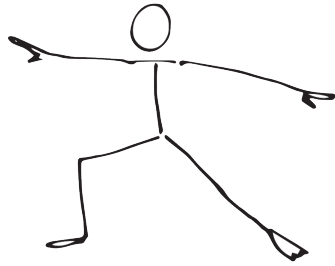
1. Sit down, bring the bottoms of your feet together, heels close to your body.
2. Open your knees out to each side.
3. Put your hands at the sides of your head and stick your fingers up like antennae.
4. Flap your wings (legs) up and down, butterfly!

## Down Diggerty Dog Down



1. Begin on your hands and knees.
2. Bend your toes forward, spread your fingers wide.
3. Press your heels downward, as you lift your tail to the sky.
4. Stretch your spine, arms and legs out as long as possible.
5. Let your neck and head hang down. Don't forget to bark and growl!

## Brave Warrior



1. Jump your feet apart and bend your right knee. Try to make your right thigh parallel to the ground; flat, like a table top.
2. Stretch your right arm forward and your left arm back. Look to the right. Say "I AM BRAVE!"
3. Repeat with the opposite side.

## Pedal Laughing



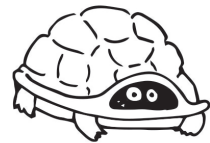
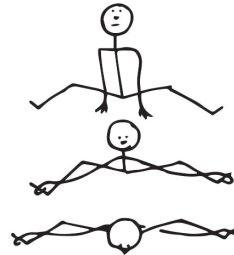
1. Sit in a chair or lie on your back.
2. Bend your arms and legs like you are riding bicycles in the air.
3. Pedal forward: laugh!
4. Pedal backward: laugh!

## Eagle



1. Stand in mountain and make an X by crossing your arms above the elbows. Give yourself a hug. Entwine your arms.
2. Press your palms together and lift your arms.
3. Bend your knees. Cross one leg over the thigh and wrap it behind the calf.

## Talking Turtle



1. Sit with your legs wide, place hands on the floor.
2. Lift knees and slide your hands under them, as far away from each other as possible.
3. Bend forward at the hips with your chest on the floor.
4. Peek out of your shell as you lift your head up.

## Reach for the Sun



1. Breathe in and reach up high with your hand.
2. Pretend that you are grabbing a piece of sunshine and pull the power into your chest.
3. Exhale with a “hah” breath.
4. Repeat with your other arm.

## R is for Roar



1. You are a ferocious lion! Stick out your chest and take a deep breath.
2. Open your mouth and show off your big teeth! Stick out your tongue. RAAAAAWR! Give a big roar! Use all your breath. Do it again!
3. Do you know any other lion noises? Make all the lion noises you can! Grrrrrrrowl!



1. Kneel. Hips should be directly above the knees, forming a straight line all the way to the ground.
2. Inhaling, lift up tall, reaching your hands to the sky.
3. Exhale, bring your bottom down to your heels, forehead to the floor, folding arms behind back.
4. Inhale when you grow your vines upward, exhale when you go back down.

## Polar Bear



1. Sit on your heels, spread your knees a little.
2. Bend at the hips and fold forward, stretch your arms forward. Relax.
3. Place your chin on the floor.
4. Put your paws over your nose to keep it warm.