

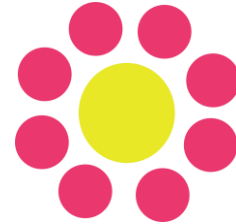
Do 20 Ga-Zumps and I want to hear you Thump



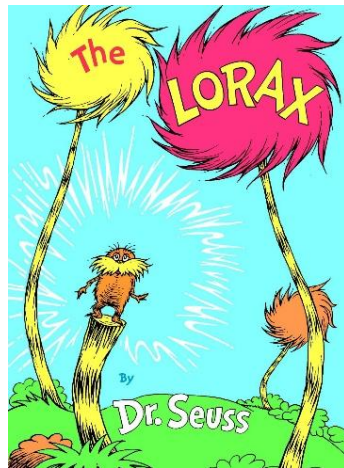
Hold the Tree Pose as you breath in and out 5 times



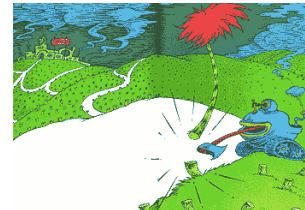
Sit on your chair, put your feet in the air, make big and small circles everywhere



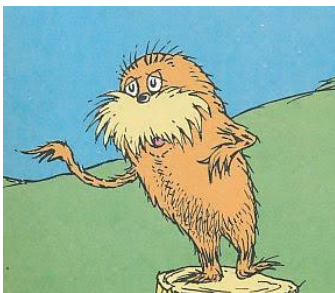
Lay on your back and ride your bike while counting to 25



Pretend to chop down a tree taking great big swings



Do the Gluppity-Glupp or the Schloppity-Schlopp



Put on your 'Bar-ba-loot Suit' – and show off your moves



Fly around the room like the Swomee-Swans – swooping high and low

