

<p>Do five Woozy-Snoozies</p> 	<p>Jump five times in five different places in the room</p>  <p><small>Acclaim Images.com</small></p>	<p>Do the Wake up Shake – Start with your Feet and move up to your head - Shake each part 6 times</p>  <p><small>ClipartOf.com/437889</small></p>
<p>Do 3 V-Sits on your bed – hold each one as long as you can</p> 		<p>Sit down and Stand up 10 times</p> 
<p>March around the room like a silent marching band</p> 	<p>Clap your hands up high, down low, in front, behind – make up a pattern and share it with a friend</p> 	<p>Lay on your tummy as straight and long as you can – lift your arms and legs and count to 50 by 5s</p> 