
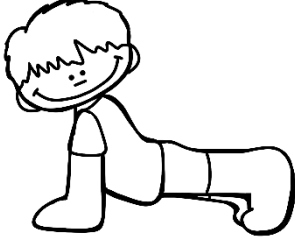



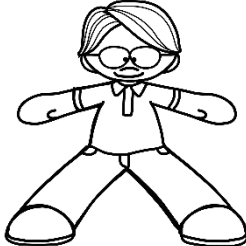





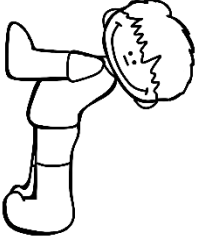






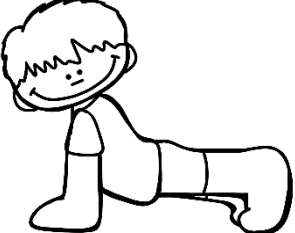




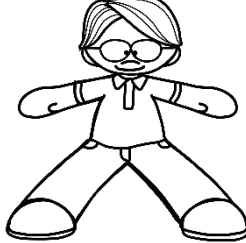







Let's MOVE

bingo

M	O	V	E
 <p>spin in place 4 times</p>	 <p>DO 7 PUSH-UPS</p>	 <p>sit down and twist the top of your body 10 times</p>	 <p>SNAP your fingers while you HOP 10 times</p>
 <p>Make a bridge with your whole body</p>	 <p>stretch out your body as far as it will go</p>	 <p>TIP-toe 10 steps forward and 10 steps back</p>	 <p>Make a pretzel with your body, then untwist</p>
 <p>JOG in place for 20 seconds</p>	 <p>crouch down, then EXPLODE</p>	 <p>sit down and bend your arms and legs up 5 times</p>	 <p>push over an imaginary wall of bricks</p>
 <p>Paint the wall using 20 very tall brush strokes</p>	 <p>skate across the ice for 10 seconds</p>	 <p>swat a mosquito 15 times</p>	 <p>Pick up a very heavy basket and lift it up high</p>

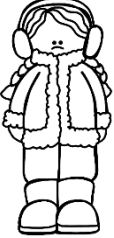




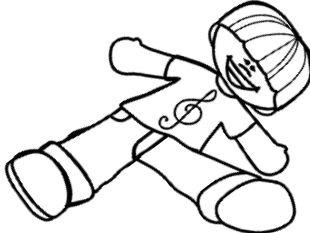





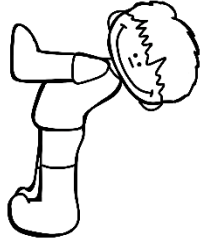




Let's MOVE

bingo

M	O	V	E
 <p>DO 7 PUSH-UPS</p>	 <p>HOP ON ONE FOOT 7 TIMES</p>	 <p>MAKE A BRIDGE WITH YOUR WHOLE BODY</p>	 <p>STRETCH YOUR ARMS TO SWIM 10 LONG STROKES</p>
 <p>REACH UP, GRAB A CLOUD, AND BRING IT DOWN</p>	 <p>SKATE ACROSS THE ICE FOR 10 SECONDS</p>	 <p>PICK ANY POSE AND HOLD IT FOR 10 SECONDS</p>	 <p>STRETCH OUT YOUR BODY AS FAR AS IT WILL GO</p>
 <p>PAINT THE WALL USING 20 VERY TALL BRUSH STROKES</p>	 <p>CROUCH DOWN, THEN EXPLODE</p>	 <p>MARCH BACKWARD 10 STEPS</p>	 <p>HULA HOOP FOR 15 SECONDS</p>
 <p>SPIN IN PLACE 4 TIMES</p>	 <p>STRETCH YOUR ARMS UP HIGH 5 TIMES</p>	 <p>JOG IN PLACE FOR 20 SECONDS</p>	 <p>WALK ON THE MOON FOR 15 SECONDS</p>












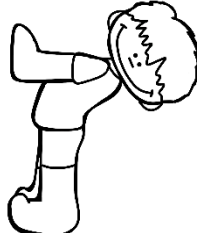




Let's MOVE

bingo

M	O	V	E
 <p>Walk 10 steps like you're all bundled up</p>	 <p>Do the hula for 10 seconds</p>	 <p>Reach up and POP 20 bubbles</p>	 <p>Tip-toe 10 steps forward and 10 steps back</p>
 <p>Sit down and bend your arms and legs up 5 times</p>	 <p>Spread your feet, & touch your toes 10 times</p>	 <p>Pretend to draw 8 giant circles with each hand</p>	 <p>Make a pretzel with your body, then untwist</p>
 <p>Jump for joy 4 times</p>	 <p>Pick up a very heavy basket and lift it up high</p>	 <p>Spell your name with your arms</p>	 <p>Push over an imaginary wall of bricks</p>
 <p>Bend over and touch your toes 10 times</p>	 <p>Sit down and twist the top of your body 10 times</p>	 <p>Snap your fingers while you hop 10 times</p>	 <p>Swat a mosquito 15 times</p>




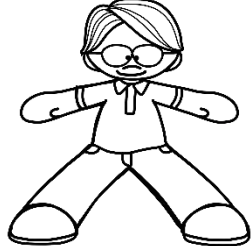





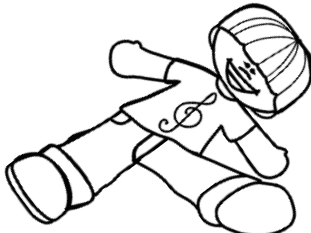





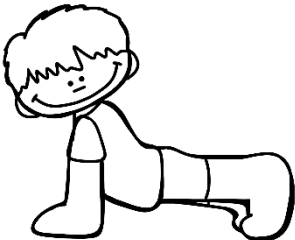
Let's MOVE

bingo

M	O	V	E
 <p>stretch your arms to swim 10 long strokes</p>	 <p>make a bridge with your whole body</p>	 <p>do the hula for 10 seconds</p>	 <p>reach up and pop 20 bubbles</p>
 <p>make a pretzel with your body, then untwist</p>	 <p>pretend to draw 8 giant circles with each hand</p>	 <p>spin in place 4 times</p>	 <p>pick up a very heavy basket and lift it up high</p>
 <p>paint the wall using 20 very tall brush strokes</p>	 <p>hop on one foot 7 times</p>	 <p>snap your fingers while you hop 10 times</p>	 <p>push over an imaginary wall of bricks</p>
 <p>jog in place for 20 seconds</p>	 <p>pick any pose and hold it for 10 seconds</p>	 <p>hula hoop for 15 seconds</p>	 <p>walk 10 steps like you're all bundled up</p>






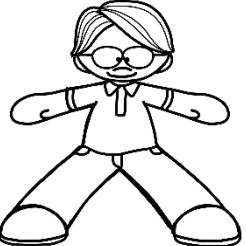





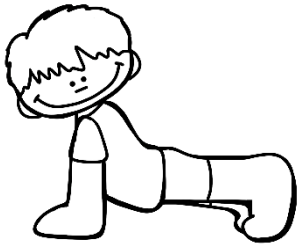




Let's MOVE

bingo

M	O	V	E
 <p>Jump for joy 4 times</p>	 <p>stretch your arms up high 5 times</p>	 <p>sit down and twist the top of your body 10 times</p>	 <p>stretch out your body as far as it will go</p>
 <p>crouch down, then explode</p>	 <p>march backward 10 steps</p>	 <p>Tip-toe 10 steps forward and 10 steps back</p>	 <p>walk on the moon for 15 seconds</p>
 <p>sit down and bend your arms and legs up 5 times</p>	 <p>spread your feet, & touch your toes 10 times</p>	 <p>Reach up, grab a cloud, and bring it down</p>	 <p>Bend over and touch your toes 10 times</p>
 <p>spell your name with your arms</p>	 <p>skate across the ice for 10 seconds</p>	 <p>swat a mosquito 15 times</p>	 <p>DO 7 PUSH-UPS</p>



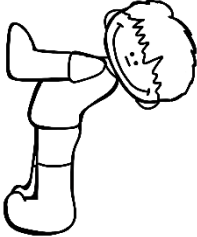










Let's MOVE

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M	O	V	E
 <p>make a bridge with your whole body</p>	 <p>stretch your arms to swim 10 long strokes</p>	 <p>HOP on one foot 7 times</p>	 <p>skate across the ice for 10 seconds</p>
 <p>Jog in place for 20 seconds</p>	 <p>stretch out your body as far as it will go</p>	 <p>Jump for joy 4 times</p>	 <p>Tip-toe 10 steps forward and 10 steps back</p>
 <p>stretch your arms up high 5 times</p>	 <p>crouch down, then explode</p>	 <p>Reach up, grab a cloud, and bring it down</p>	 <p>DO 7 PUSH-UPS</p>
 <p>walk on the moon for 15 seconds</p>	 <p>Paint the wall using 20 very tall brush strokes</p>	 <p>Bend over and touch your toes 10 times</p>	 <p>Pretend to draw 8 giant circles with each hand</p>

Let's MOVE

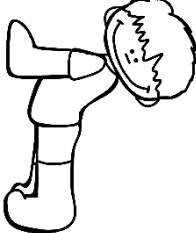


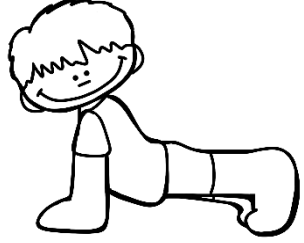









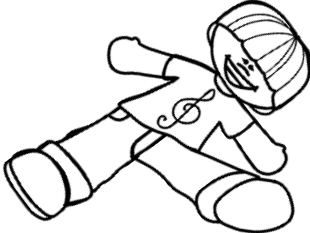


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M	O	V	E
 <p>Bend over and touch your toes 10 times</p>	 <p>Pick any pose and hold it for 10 seconds</p>	 <p>Spin in place 4 times</p>	 <p>SNAP your fingers while you HOP 10 times</p>
 <p>Push over an imaginary wall of bricks</p>	 <p>sit down and bend your arms and legs up 5 times</p>	 <p>Pick up a very heavy basket and lift it up high</p>	 <p>stretch your arms to swim 10 long strokes</p>
 <p>JUMP for joy 4 times</p>	 <p>HOP on one foot 7 times</p>	 <p>swat a mosquito 15 times</p>	 <p>Walk 10 steps like you're all bundled up</p>
 <p>make a bridge with your whole body</p>	 <p>sit down and twist the top of your body 10 times</p>	 <p>pretend to draw 8 giant circles with each hand</p>	 <p>make a Pretzel with your body, then untwist</p>

Let's MOVE


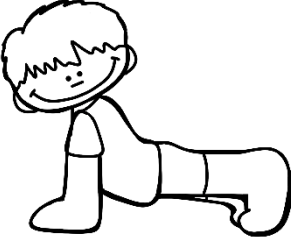



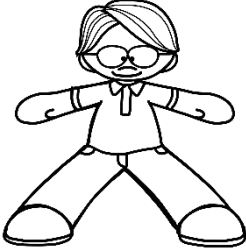








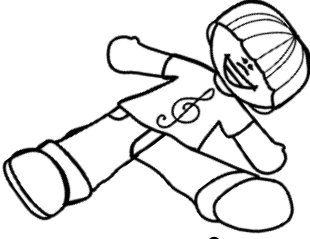

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M	O	V	E
 <p>Push over an imaginary wall of bricks</p>	 <p>March backward 10 steps</p>	 <p>Jog in place for 20 seconds</p>	 <p>DO 7 PUSH-UPS</p>
 <p>Pretend to draw 8 giant circles with each hand</p>	 <p>Reach up and POP 20 bubbles</p>	 <p>TIP-toe 10 steps forward and 10 steps back</p>	 <p>Make a pretzel with your body, then untwist</p>
 <p>stretch your arms to swim 10 long strokes</p>	 <p>Hula HOOP for 15 seconds</p>	 <p>SNAP your fingers while you HOP 10 times</p>	 <p>spell your name with your arms</p>
 <p>Do the hula for 10 seconds</p>	 <p>spread your feet, & touch your toes 10 times</p>	 <p>walk 10 steps like you're all bundled up</p>	 <p>Paint the wall using 20 very tall brush strokes</p>

Let's MOVE

















bingo

M	O	V	E
 <p>sit down and bend your arms and legs up 5 times</p>	 <p>DO 7 PUSH-UPS</p>	 <p>JOG in place for 20 seconds</p>	 <p>sit down and twist the top of your body 10 times</p>
 <p>crouch down, then explode</p>	 <p>stretch out your body as far as it will go</p>	 <p>Hula hoop for 15 seconds</p>	 <p>snap your fingers while you hop 10 times</p>
 <p>skate across the ice for 10 seconds</p>	 <p>spell your name with your arms</p>	 <p>Reach up, grab a cloud, and bring it down</p>	 <p>MARCH backward 10 steps</p>
 <p>swat a mosquito 15 times</p>	 <p>Pick any pose and hold it for 10 seconds</p>	 <p>spread your feet, & touch your toes 10 times</p>	 <p>spin in place 4 times</p>

Let's MOVE

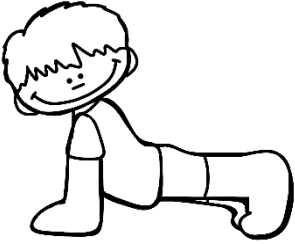















bingo

10

M	O	V	E
 <p>Pick up a very heavy basket and lift it up high</p>	 <p>swat a mosquito 15 times</p>	 <p>Push over an imaginary wall of bricks</p>	 <p>spin in place 4 times</p>
 <p>snap your fingers while you hop 10 times</p>	 <p>Make a bridge with your whole body</p>	 <p>spell your name with your arms</p>	 <p>Make a pretzel with your body, then untwist</p>
 <p>skate across the ice for 10 seconds</p>	 <p>sit down and twist the top of your body 10 times</p>	 <p>Hula hoop for 15 seconds</p>	 <p>Jump for joy 4 times</p>
 <p>Jog in place for 20 seconds</p>	 <p>Pick any pose and hold it for 10 seconds</p>	 <p>Paint the wall using 20 very tall brush strokes</p>	 <p>DO 7 PUSH-UPS</p>

Let's MOVE






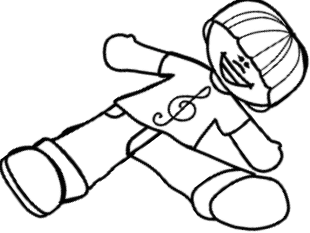










bingo

M	O	V	E
 <p>DO 7 PUSH-UPS</p>	 <p>DO the hula for 10 seconds</p>	 <p>Pretend to draw 8 giant circles with each hand</p>	 <p>skate across the ice for 10 seconds</p>
 <p>walk on the moon for 15 seconds</p>	 <p>Jog in place for 20 seconds</p>	 <p>stretch your arms to swim 10 long strokes</p>	 <p>spin in place 4 times</p>
 <p>march backward 10 steps</p>	 <p>crouch down, then explode</p>	 <p>Reach up, grab a cloud, and bring it down</p>	 <p>HOP on one foot 7 times</p>
 <p>spell your name with your arms</p>	 <p>paint the wall using 20 very tall brush strokes</p>	 <p>stretch your arms up high 5 times</p>	 <p>Bend over and touch your toes 10 times</p>

Let's MOVE




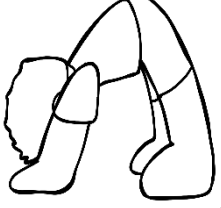
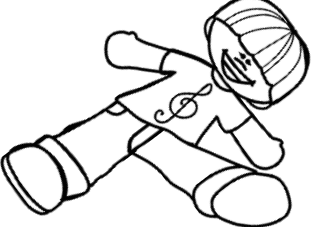





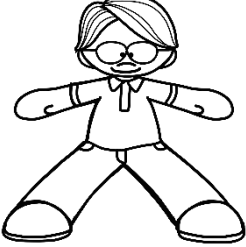





bingo

12

M	O	V	E
 <p>Reach up and POP 20 bubbles</p>	 <p>Pick up a VERY heavy basket and lift it up high</p>	 <p>Pick any POSE and hold it for 10 seconds</p>	 <p>Sit down and twist the TOP of your body 10 times</p>
 <p>Pretend to draw 8 giant circles with each hand</p>	 <p>Spread your feet, & touch your toes 10 times</p>	 <p>Snap your fingers while you HOP 10 times</p>	 <p>Make a pretzel with your body, then untwist</p>
 <p>Do the hula for 10 seconds</p>	 <p>Walk 10 steps like you're all bundled up</p>	 <p>Tip-toe 10 steps forward and 10 steps back</p>	 <p>Bend over and touch your toes 10 times</p>
 <p>Swat a mosquito 15 times</p>	 <p>Reach up, grab a cloud, and bring it down</p>	 <p>Stretch your arms up high 5 times</p>	 <p>HOP on one foot 7 times</p>




Let's MOVE

bingo

M	O	V	E
 <p>spell your name with your arms</p>	 <p>Reach up, grab a cloud, and bring it down</p>	 <p>snap your fingers while you hop 10 times</p>	 <p>Make a bridge with your whole body</p>
 <p>spread your feet, & touch your toes 10 times</p>	 <p>stretch your arms up high 5 times</p>	 <p>Tip-toe 10 steps forward and 10 steps back</p>	 <p>sit down and twist the top of your body 10 times</p>
 <p>HOP on one foot 7 times</p>	 <p>make a pretzel with your body, then untwist</p>	 <p>stretch out your body as far as it will go</p>	 <p>DO 7 PUSH-UPS</p>
 <p>Pick any pose and hold it for 10 seconds</p>	 <p>spin in place 4 times</p>	 <p>DO the hula for 10 seconds</p>	 <p>Reach up and POP 20 bubbles</p>

Let's MOVE










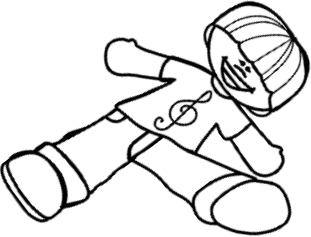






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M	O	V	E
 <p>Jog in place for 20 seconds</p>	 <p>stretch your arms to swim 10 long strokes</p>	 <p>march backward 10 steps</p>	 <p>Bend over and touch your toes 10 times</p>
 <p>crouch down, then explode</p>	 <p>push over an imaginary wall of bricks</p>	 <p>walk on the moon for 15 seconds</p>	 <p>sit down and bend your arms and legs up 5 times</p>
 <p>skate across the ice for 10 seconds</p>	 <p>swat a mosquito 15 times</p>	 <p>pretend to draw 8 giant circles with each hand</p>	 <p>paint the wall using 20 very tall brush strokes</p>
 <p>walk 10 steps like you're all bundled up</p>	 <p>pick up a very heavy basket and lift it up high</p>	 <p>jump for joy 4 times</p>	 <p>Hula hoop for 15 seconds</p>

Let's MOVE







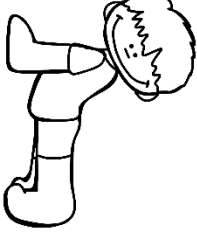

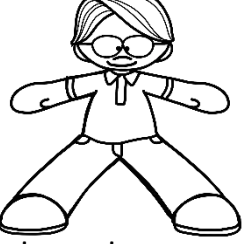







bingo

15

M	O	V	E
 <p>stretch your arms up high 5 times</p>	 <p>walk on the moon for 15 seconds</p>	 <p>HOP on one foot 7 times</p>	 <p>stretch your arms to swim 10 long strokes</p>
 <p>pretend to draw 8 giant circles with each hand</p>	 <p>Reach up and POP 20 bubbles</p>	 <p>spell your name with your arms</p>	 <p>Reach up, grab a cloud, and bring it down</p>
 <p>Bend over and touch your toes 10 times</p>	 <p>spread your feet, & touch your toes 10 times</p>	 <p>Do the hula for 10 seconds</p>	 <p>march backward 10 steps</p>
 <p>Pick any pose and hold it for 10 seconds</p>	 <p>Hula hoop for 15 seconds</p>	 <p>Jump for joy 4 times</p>	 <p>walk 10 steps like you're all bundled up</p>
















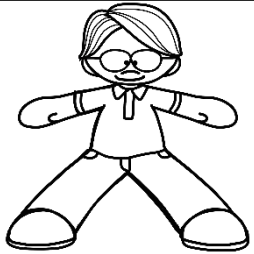
Let's MOVE

bingo

M	O	V	E
 <p>sit down and bend your arms and legs up 5 times</p>	 <p>Pick up a very heavy basket and lift it up high</p>	 <p>skate across the ice for 10 seconds</p>	 <p>swat a mosquito 15 times</p>
 <p>Jog in place for 20 seconds</p>	 <p>crouch down, then explode</p>	 <p>push over an imaginary wall of bricks</p>	 <p>Make a pretzel with your body, then untwist</p>
 <p>stretch out your body as far as it will go</p>	 <p>Tip-toe 10 steps forward and 10 steps back</p>	 <p>sit down and twist the top of your body 10 times</p>	 <p>snap your fingers while you hop 10 times</p>
 <p>Paint the wall using 20 very tall brush strokes</p>	 <p>make a bridge with your whole body</p>	 <p>spin in place 4 times</p>	 <p>DO 7 PUSH-UPS</p>

Let's MOVE







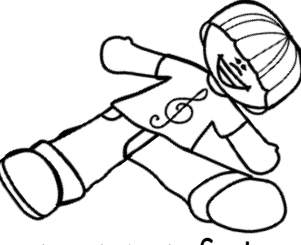




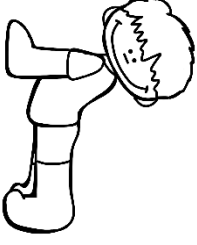
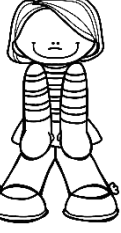



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M	O	V	E
 <p>stretch your arms up high 5 times</p>	 <p>walk on the moon for 15 seconds</p>	 <p>Hula hoop for 15 seconds</p>	 <p>stretch your arms to swim 10 long strokes</p>
 <p>crouch down, then explode</p>	 <p>Reach up, grab a cloud, and bring it down</p>	 <p>DO 7 PUSH-UPS</p>	 <p>HOP on one foot 7 times</p>
 <p>Jog in place for 20 seconds</p>	 <p>paint the wall using 20 very tall brush strokes</p>	 <p>skate across the ice for 10 seconds</p>	 <p>march backward 10 steps</p>
 <p>spin in place 4 times</p>	 <p>Pick any pose and hold it for 10 seconds</p>	 <p>make a bridge with your whole body</p>	 <p>stretch out your body as far as it will go</p>

Let's MOVE


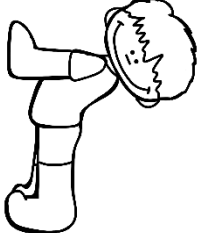





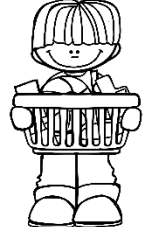








bingo

18

M	O	V	E
 <p>Reach up and POP 20 bubbles</p>	 <p>Tip-toe 10 steps forward and 10 steps back</p>	 <p>Walk 10 steps like you're all bundled up</p>	 <p>Do the hula for 10 seconds</p>
 <p>Pretend to draw 8 giant circles with each hand</p>	 <p>Jump for joy 4 times</p>	 <p>Spread your feet, & touch your toes 10 times</p>	 <p>Swat a mosquito 15 times</p>
 <p>Spell your name with your arms</p>	 <p>Make a pretzel with your body, then untwist</p>	 <p>Sit down and bend your arms and legs up 5 times</p>	 <p>Push over an imaginary wall of bricks</p>
 <p>Bend over and touch your toes 10 times</p>	 <p>Sit down and twist the top of your body 10 times</p>	 <p>Snap your fingers while you hop 10 times</p>	 <p>Pick up a very heavy basket and lift it up high</p>

Let's MOVE




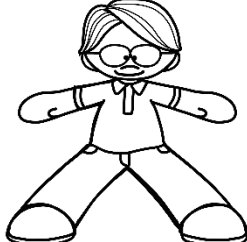




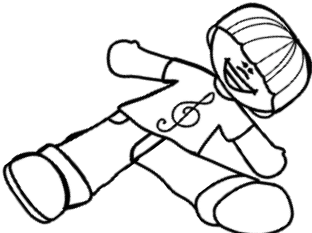


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M	O	V	E
 <p>SNAP your fingers while you HOP 10 times</p>	 <p>PUSH over an imaginary WALL of BRICKS</p>	 <p>MAKE a PRETZEL with your BODY, then UNTWIST</p>	 <p>PICK any POSE and HOLD it for 10 SECONDS</p>
 <p>PRETEND to DRAW 8 GIANT CIRCLES with each HAND</p>	 <p>SPIN in PLACE 4 TIMES</p>	 <p>HOP on ONE FOOT 7 TIMES</p>	 <p>PICK UP a VERY HEAVY BASKET and LIFT it UP HIGH</p>
 <p>JOG in PLACE for 20 SECONDS</p>	 <p>PAINT the WALL using 20 VERY TALL BRUSH STROKES</p>	 <p>MAKE a BRIDGE with your WHOLE BODY</p>	 <p>DO the HULA for 10 SECONDS</p>
 <p>WALK 10 STEPS like you're ALL BUNDLED UP</p>	 <p>REACH UP and POP 20 BUBBLES</p>	 <p>STRETCH your ARMS to SWIM 10 LONG STROKES</p>	 <p>HULA HOOP for 15 SECONDS</p>

Let's MOVE

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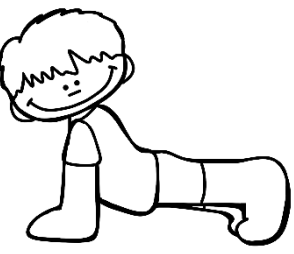






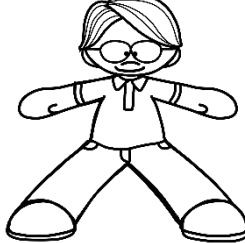







20

M	O	V	E
 <p>Tip-toe 10 steps forward and 10 steps back</p>	 <p>Walk on the moon for 15 seconds</p>	 <p>Sit down and twist the top of your body 10 times</p>	 <p>Stretch out your body as far as it will go</p>
 <p>Swat a mosquito 15 times</p>	 <p>DO 7 PUSH-UPS</p>	 <p>Spell your name with your arms</p>	 <p>skate across the ice for 10 seconds</p>
 <p>Sit down and bend your arms and legs up 5 times</p>	 <p>crouch down, then explode</p>	 <p>march backward 10 steps</p>	 <p>Bend over and touch your toes 10 times</p>
 <p>spread your feet, & touch your toes 10 times</p>	 <p>Reach up, grab a cloud, and bring it down</p>	 <p>JUMP for joy 4 times</p>	 <p>stretch your arms up high 5 times</p>

Let's MOVE












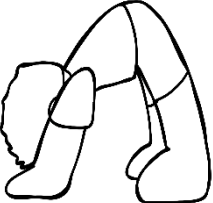


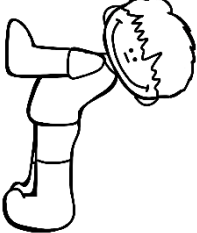

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21

M	O	V	E
 <p>Reach up, grab a cloud, and bring it down</p>	 <p>DO 7 PUSH-UPS</p>	 <p>JOG in place for 20 seconds</p>	 <p>pretend to draw 8 giant circles with each hand</p>
 <p>Paint the wall using 20 very tall brush strokes</p>	 <p>Bend over and touch your toes 10 times</p>	 <p>stretch your arms to swim 10 long strokes</p>	 <p>Tip-toe 10 steps forward and 10 steps back</p>
 <p>stretch out your body as far as it will go</p>	 <p>JUMP for joy 4 times</p>	 <p>skate across the ice for 10 seconds</p>	 <p>Make a bridge with your whole body</p>
 <p>walk on the moon for 15 seconds</p>	 <p>crouch down, then explode</p>	 <p>stretch your arms up high 5 times</p>	 <p>HOP on one foot 7 times</p>

Let's MOVE

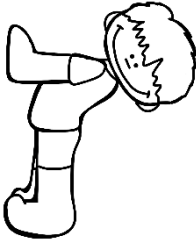
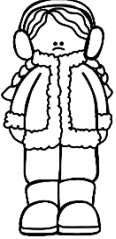








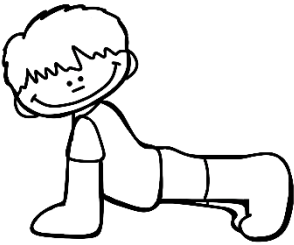


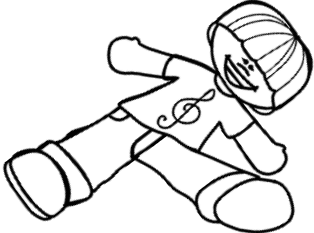


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M	O	V	E
 <p>Pick any pose and hold it for 10 seconds</p>	 <p>swat a mosquito 15 times</p>	 <p>Bend over and touch your toes 10 times</p>	 <p>SNAP your fingers while you HOP 10 times</p>
 <p>sit down and bend your arms and legs up 5 times</p>	 <p>Pick up a very heavy basket and lift it up high</p>	 <p>HOP on one foot 7 times</p>	 <p>spin in place 4 times</p>
 <p>stretch your arms to swim 10 long strokes</p>	 <p>pretend to draw 8 giant circles with each hand</p>	 <p>make a pretzel with your body, then untwist</p>	 <p>Make a bridge with your whole body</p>
 <p>Jump for joy 4 times</p>	 <p>walk 10 steps like you're all bundled up</p>	 <p>push over an imaginary wall of bricks</p>	 <p>sit down and twist the top of your body 10 times</p>

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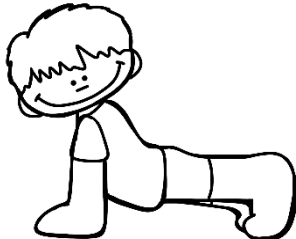

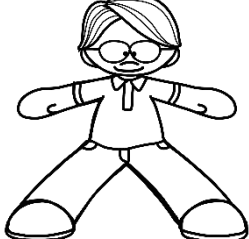



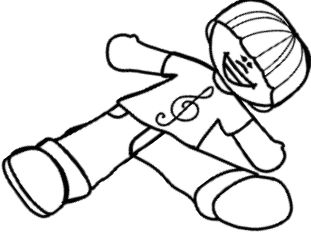


23

M	O	V	E
 <p>Push over an imaginary wall of bricks</p>	 <p>Walk 10 steps like you're all bundled up</p>	 <p>Pretend to draw 8 giant circles with each hand</p>	 <p>Reach up and POP 20 bubbles</p>
 <p>Stretch your arms to swim 10 long strokes</p>	 <p>Hula hoop for 15 seconds</p>	 <p>Jog in place for 20 seconds</p>	 <p>Snap your fingers while you hop 10 times</p>
 <p>March backward 10 steps</p>	 <p>Paint the wall using 20 very tall brush strokes</p>	 <p>DO 7 PUSH-UPS</p>	 <p>Spell your name with your arms</p>
 <p>Do the hula for 10 seconds</p>	 <p>Spread your feet, & touch your toes 10 times</p>	 <p>TIP-toe 10 steps forward and 10 steps back</p>	 <p>Make a pretzel with your body, then untwist</p>

Let's MOVE

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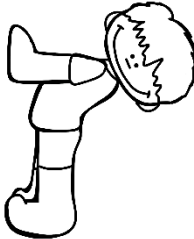




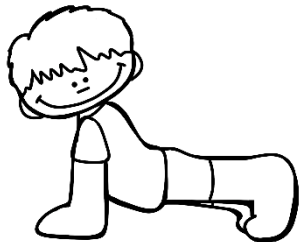
24

M	O	V	E
 <p>spell your name with your arms</p>	 <p>Reach up, grab a cloud, and bring it down</p>	 <p>swat a mosquito 15 times</p>	 <p>Pick any pose and hold it for 10 seconds</p>
 <p>Hula hoop for 15 seconds</p>	 <p>snap your fingers while you hop 10 times</p>	 <p>spin in place 4 times</p>	 <p>DO 7 PUSH-UPS</p>
 <p>skate across the ice for 10 seconds</p>	 <p>stretch out your body as far as it will go</p>	 <p>sit down and bend your arms and legs up 5 times</p>	 <p>march backward 10 steps</p>
 <p>crouch down, then explode</p>	 <p>spread your feet, & touch your toes 10 times</p>	 <p>Jog in place for 20 seconds</p>	 <p>sit down and twist the top of your body 10 times</p>

Let's MOVE

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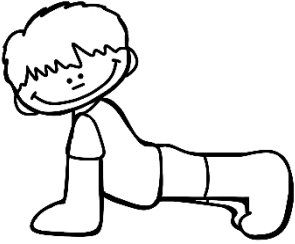















25

M	O	V	E
 <p>Make a bridge with your whole body</p>	 <p>Jog in place for 20 seconds</p>	 <p>skate across the ice for 10 seconds</p>	 <p>Paint the wall using 20 very tall brush strokes</p>
 <p>snap your fingers while you hop 10 times</p>	 <p>Hula hoop for 15 seconds</p>	 <p>Pick up a very heavy basket and lift it up high</p>	 <p>swat a mosquito 15 times</p>
 <p>spell your name with your arms</p>	 <p>Pick any pose and hold it for 10 seconds</p>	 <p>push over an imaginary wall of bricks</p>	 <p>spin in place 4 times</p>
 <p>Jump for joy 4 times</p>	 <p>make a pretzel with your body, then untwist</p>	 <p>sit down and twist the top of your body 10 times</p>	 <p>DO 7 PUSH-UPS</p>

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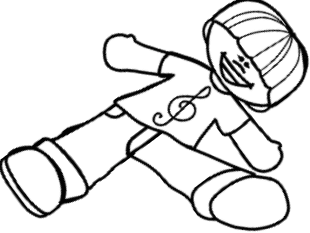










26

M	O	V	E
 <p>DO 7 PUSH-UPS</p>	 <p>spell your name with your arms</p>	 <p>Paint the wall using 20 very tall brush strokes</p>	 <p>skate across the ice for 10 seconds</p>
 <p>walk on the moon for 15 seconds</p>	 <p>DO the hula for 10 seconds</p>	 <p>pretend to draw 8 giant circles with each hand</p>	 <p>spin in place 4 times</p>
 <p>stretch your arms up high 5 times</p>	 <p>Bend over and touch your toes 10 times</p>	 <p>Jog in place for 20 seconds</p>	 <p>stretch your arms to swim 10 long strokes</p>
 <p>march backward 10 steps</p>	 <p>crouch down, then explode</p>	 <p>Reach up, grab a cloud, and bring it down</p>	 <p>HOP on one foot 7 times</p>

Let's MOVE

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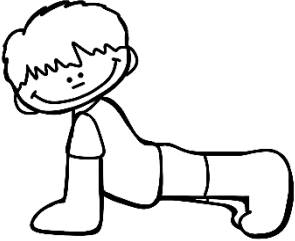


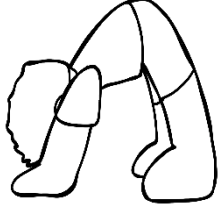
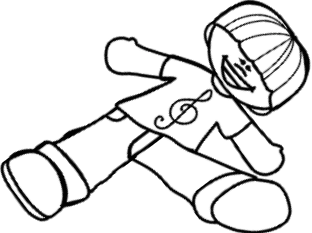
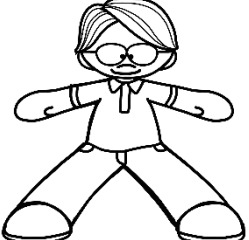










27

M	O	V	E
 <p>Pick up a very heavy basket and lift it up high</p>	 <p>Pick any pose and hold it for 10 seconds</p>	 <p>SNAP your fingers while you HOP 10 times</p>	 <p>Make a Pretzel with your body, then untwist</p>
 <p>Pretend to draw 8 giant circles with each hand</p>	 <p>Spread your feet, & touch your toes 10 times</p>	 <p>Reach up, grab a cloud, and bring it down</p>	 <p>stretch your arms up high 5 times</p>
 <p>Reach up and POP 20 bubbles</p>	 <p>Do the hula for 10 seconds</p>	 <p>TIP-toe 10 steps forward and 10 steps back</p>	 <p>Bend over and touch your toes 10 times</p>
 <p>swat a mosquito 15 times</p>	 <p>walk 10 steps like you're all bundled up</p>	 <p>sit down and twist the top of your body 10 times</p>	 <p>HOP on one foot 7 times</p>

Let's MOVE












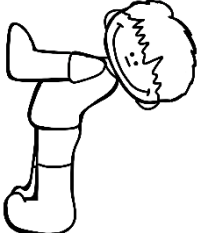




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28

M	O	V	E
 <p>DO 7 PUSH-UPS</p>	 <p>SIT DOWN AND TWIST THE TOP OF YOUR BODY 10 TIMES</p>	 <p>SNAP YOUR FINGERS WHILE YOU HOP 10 TIMES</p>	 <p>MAKE A BRIDGE WITH YOUR WHOLE BODY</p>
 <p>SPREAD YOUR FEET, & TOUCH YOUR TOES 10 TIMES</p>	 <p>STRETCH OUT YOUR BODY AS FAR AS IT WILL GO</p>	 <p>STRETCH YOUR ARMS UP HIGH 5 TIMES</p>	 <p>TIP-TOE 10 STEPS FORWARD AND 10 STEPS BACK</p>
 <p>SPIN IN PLACE 4 TIMES</p>	 <p>DO THE HULA FOR 10 SECONDS</p>	 <p>HOP ON ONE FOOT 7 TIMES</p>	 <p>MAKE A PRETZEL WITH YOUR BODY, THEN UNTWIST</p>
 <p>PICK ANY POSE AND HOLD IT FOR 10 SECONDS</p>	 <p>SPELL YOUR NAME WITH YOUR ARMS</p>	 <p>REACH UP, GRAB A CLOUD, AND BRING IT DOWN</p>	 <p>REACH UP AND POP 20 BUBBLES</p>

Let's MOVE



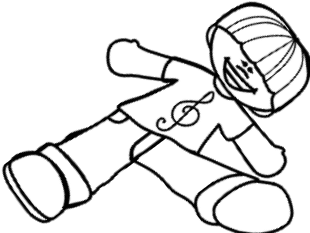













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M	O	V	E
 <p>stretch your arms to swim 10 long strokes</p>	 <p>skate across the ice for 10 seconds</p>	 <p>march backward 10 steps</p>	 <p>walk on the moon for 15 seconds</p>
 <p>pick up a very heavy basket and lift it up high</p>	 <p>walk 10 steps like you're all bundled up</p>	 <p>paint the wall using 20 very tall brush strokes</p>	 <p>pretend to draw 8 giant circles with each hand</p>
 <p>bend over and touch your toes 10 times</p>	 <p>jog in place for 20 seconds</p>	 <p>hula hoop for 15 seconds</p>	 <p>push over an imaginary wall of bricks</p>
 <p>sit down and bend your arms and legs up 5 times</p>	 <p>crouch down, then explode</p>	 <p>jump for joy 4 times</p>	 <p>swat a mosquito 15 times</p>

Let's MOVE

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30

M	O	V	E
 <p>Hula hoop for 15 seconds</p>	 <p>Jump for joy 4 times</p>	 <p>Spread your feet, & touch your toes 10 times</p>	 <p>Walk 10 steps like you're all bundled up</p>
 <p>Reach up and pop 20 bubbles</p>	 <p>Stretch your arms to swim 10 long strokes</p>	 <p>Walk on the moon for 15 seconds</p>	 <p>Hop on one foot 7 times</p>
 <p>Spell your name with your arms</p>	 <p>Reach up, grab a cloud, and bring it down</p>	 <p>Do the hula for 10 seconds</p>	 <p>March backward 10 steps</p>
 <p>Pick any pose and hold it for 10 seconds</p>	 <p>Bend over and touch your toes 10 times</p>	 <p>Stretch your arms up high 5 times</p>	 <p>Pretend to draw 8 giant circles with each hand</p>