

**Act like  
Swing the monkey**

**Bend and  
touch your toes**

**March in place**

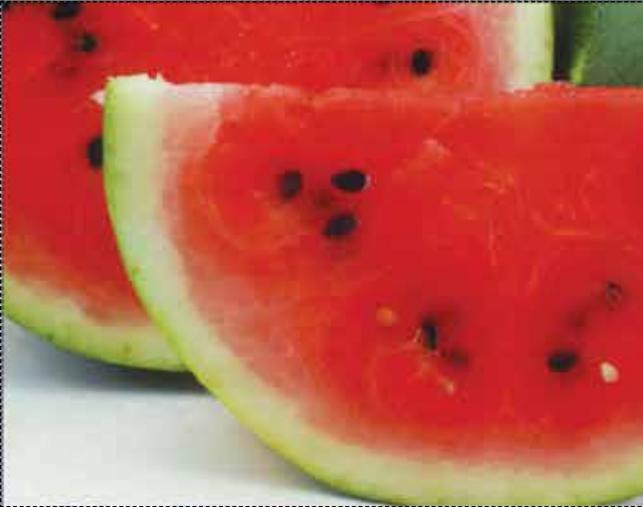
**Jump like a frog**

**Skip**

**Waddle like  
a penguin**

**Twirl**

**Crawl like a  
caterpillar**



**Fly like  
Glide the bird**

**Bear walk for  
Blue the caring cub**

**Run in place  
like Dart the dog**

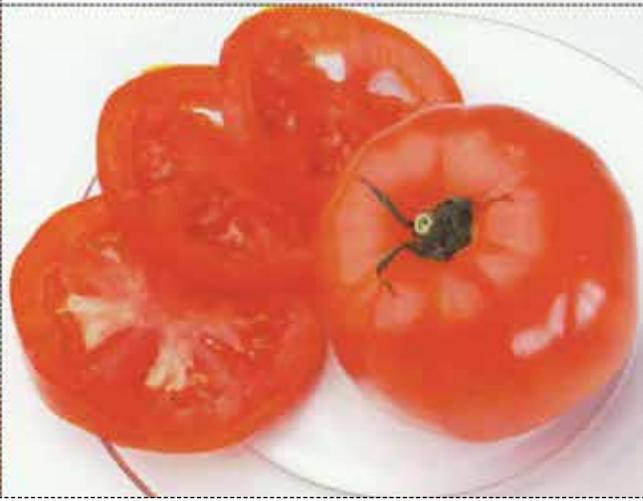
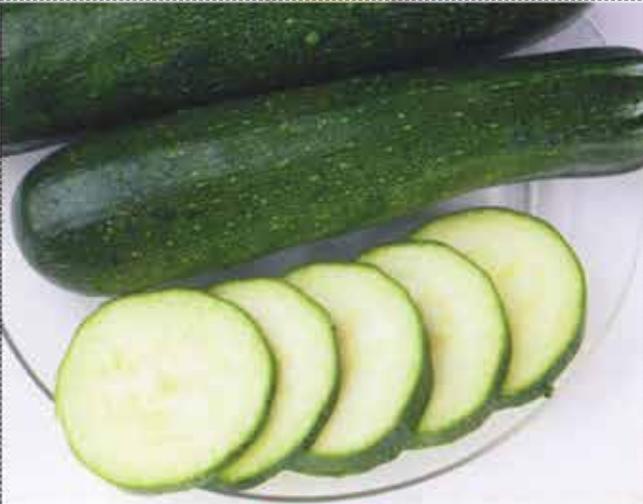
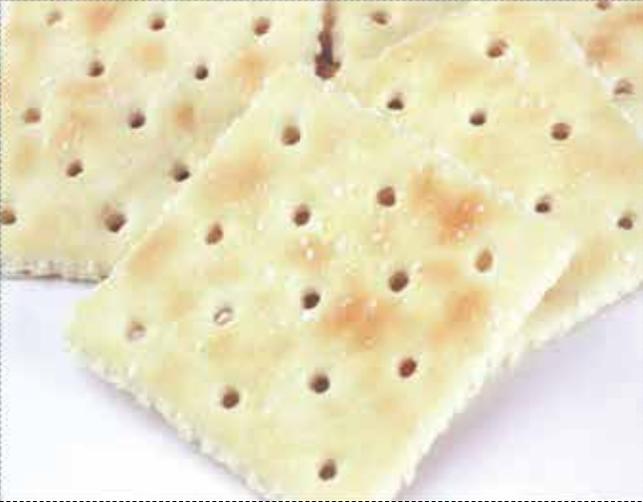
**Jump up with  
feet together**

**Tip-Toe through  
the tulips**

**Stretch with both  
arms up to the sky**

**Walk backwards**

**Stomp like  
a dinosaur**



**High knee  
to the other side  
of the room**

**Hop on one foot**

**Slide stride  
to the left**

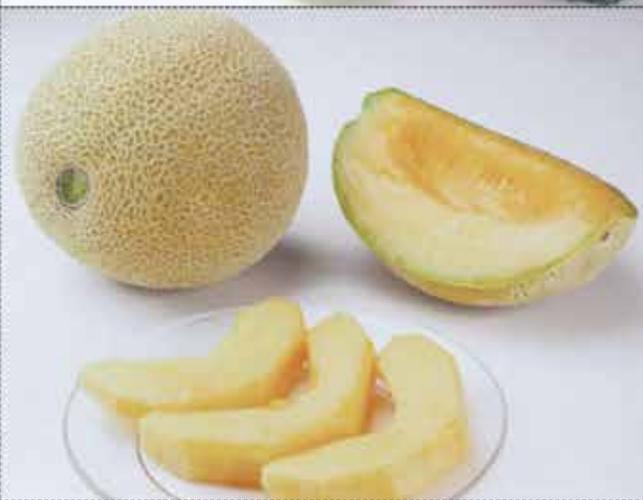
**Leap from  
spot to spot**  
(jumping off one foot and  
land on the other foot)

**Slide stride  
to the right**

**Pretend to be  
a leaf flying  
in the wind**

**Do a silly dance**

**Walk an  
imaginary  
tightrope**



**Do 5 crunches**

**Lay down  
and put arms  
by side and  
do a log roll**

**Squat 10 times**

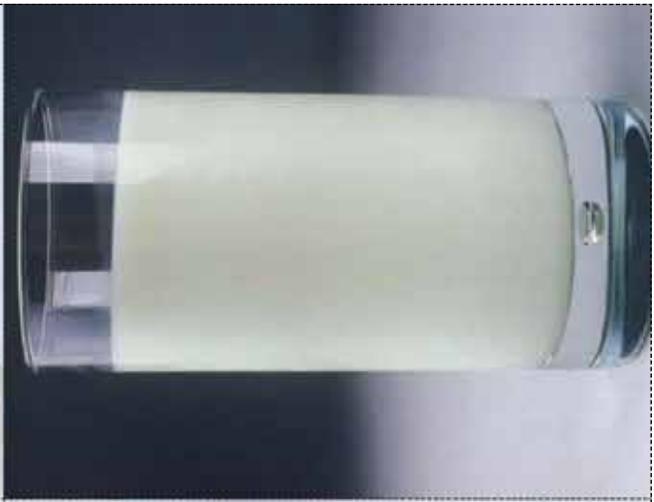
**Walk like a duck**

**Pretend you are  
hula hooping**

**Dog paddle  
like Dart the dog**

**Jump front  
to back with  
feet together**

**Do little  
arm circles**



**Do “The Floss”**

**Gallop like a horse**

**Shake like  
a wet dog**

**Spin like  
a ballerina**

**Move your feet  
up and down  
as fast as you can**

**Do some  
“jump-n-jacks”**

**Do big arm circles**

**Give yourself  
a hug**



**Crab walk  
to the other side  
of the room**

**Jump side-to-side  
feet together**

**Bunny jump  
like Leap**

**Do 5 push ups**