Exercises

Jogging

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Run from one spot to another and then back.

Exercises

Star Jumps

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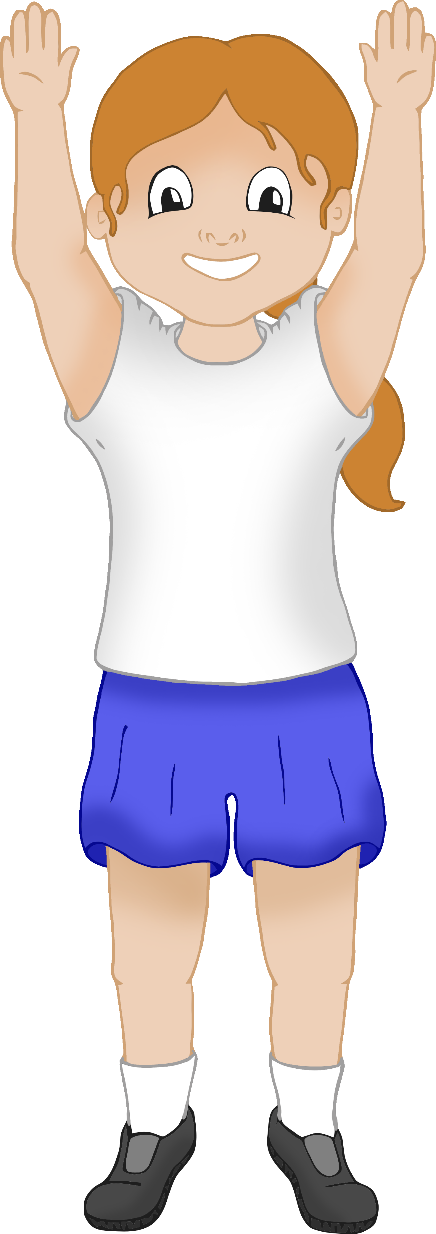
Stand with arms at your sides. Then jump, spreading your arms and legs wide.

Exercises

Stretch up tall and then touch toes

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Stretch up tall on your tiptoes and then bend down to touch your toes.

Exercises

Hopping

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A picture containing toy, doll

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Stand on one leg and then hop up and down!

Exercises

Balance on one leg

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Stand on one leg. Then try to stay as still as you can for as long as you can!

Exercises

Push Up

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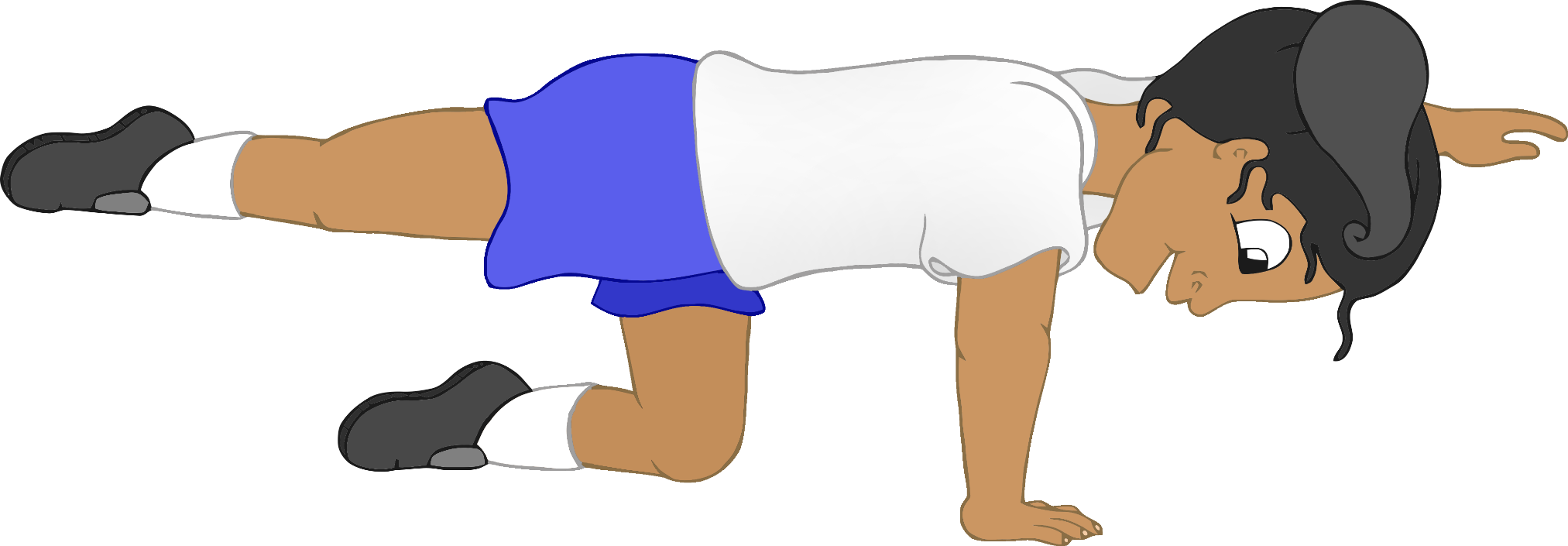
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On all fours bend your arms, then straighten them again.

Exercises

Balancing table pose

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On all fours reach one arm forwards and the opposite leg backwards. Hold that position.