

### 7-MINUTE WORK OUT FOR SELF-REGULATION

Complete each animal movement for 45 seconds, rest for 15 seconds in between. Do as many as you can.



#### FROG JUMPS

Hop, hop, back and forth like a frog.



#### BEAR WALK

Hands and feet on the floor, hips high – walk left and right.



#### GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



#### STARFISH JUMPS

Jumping Jacks as fast as you can, with arms and legs spread wide.



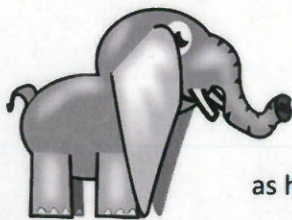
#### CHEETAH RUN

Run in place, as FAST as you can. Just like the fastest animal in the Sahara.



#### CRAB CRAWL

Sit and place your palms flat on the floor behind you, near your hips. Lift up off the ground and crawl.



#### ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomp the ground as hard as you can.