

Push the wall
(hold it up!)
for 30
seconds.



Walk an imaginary tight rope across the length of a room.



Try to **hula hoop!**
Keep trying
for 2
minutes.

Take 4 deep breaths.
Relax for 3 minutes.



Make a circle on
the floor. **Jump**
in and out of it
15 times.



Turn on your
favorite song
and **dance**
until it is over.

Crawl
across
a room.



Complete 10 **sit-ups.**

