

Hop



Hop

Stand on one leg. Take off straight up into the air and land on your same leg. Switch legs and repeat.

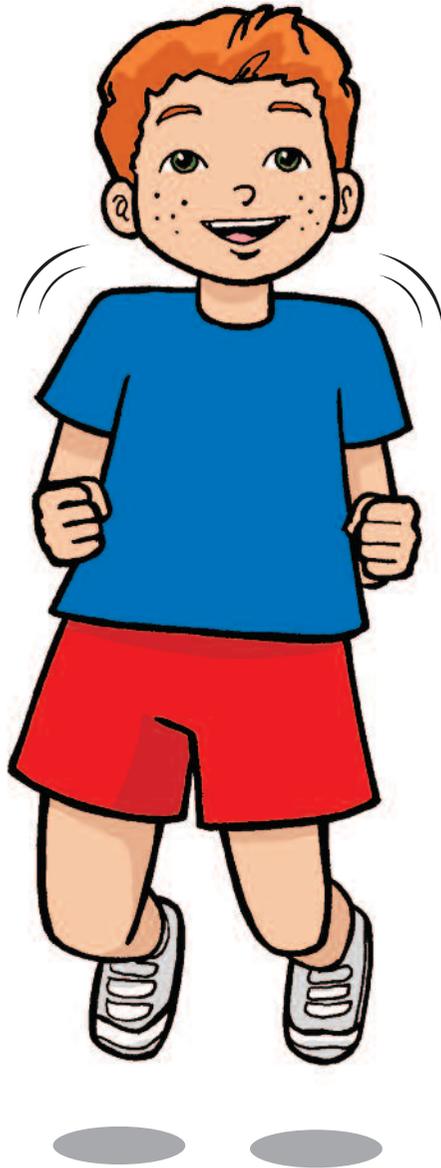
Gallop



Gallop

Bend your arms at your sides. Place one foot in front of the other. Step forward with your front foot and then bring your back foot to meet it. Switch feet.

Jump



Jump

Bend your knees. Take off and land on your two feet. Swing your arms forward and upward while you are jumping.

Leap



Leap

Stand with your feet together. Spring forward like you are taking a large step. Land on one foot and then bring your feet together. Switch feet and repeat.

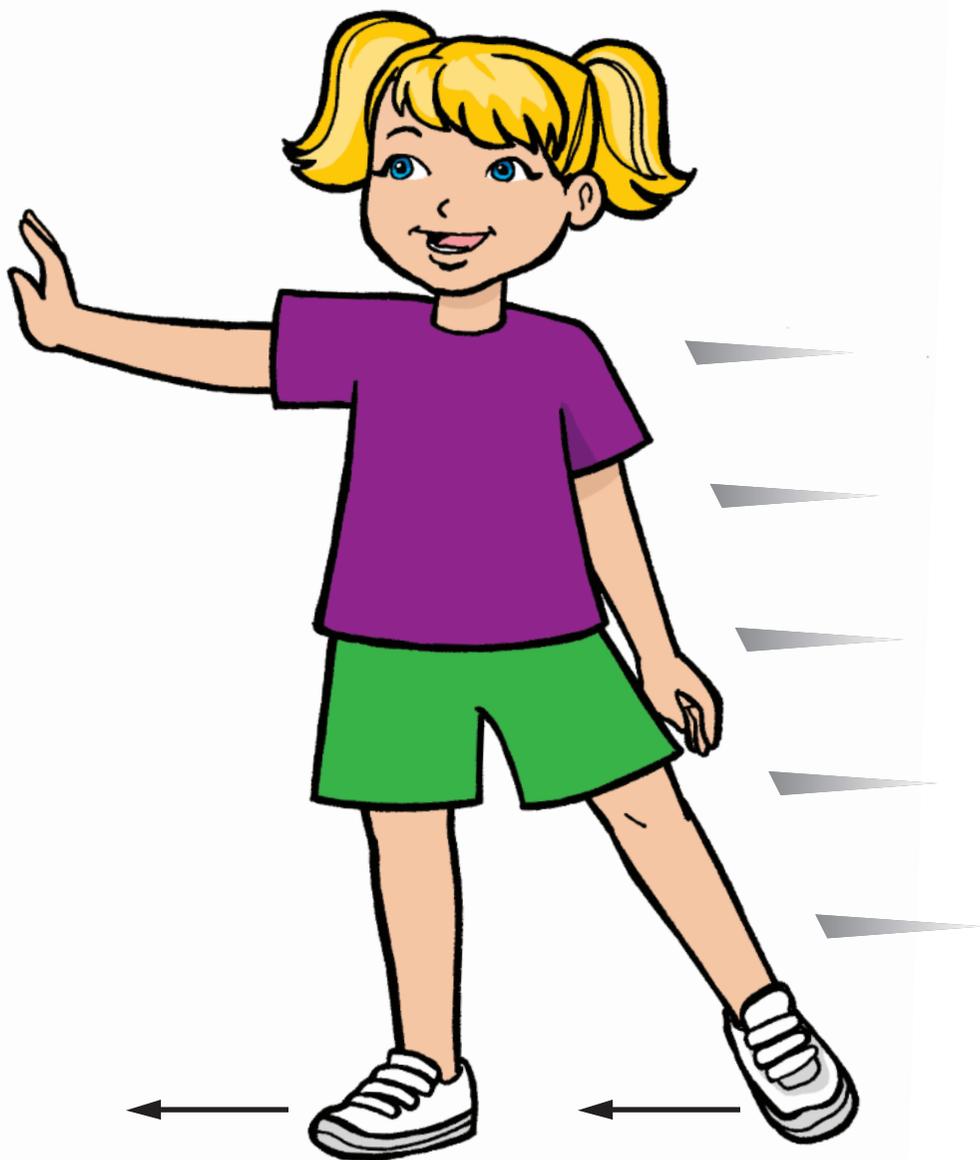
Skip



Skip

Bend your arms at your side. Step forward with one foot and then hop on that same foot. Swing your arms back and forth while you switch feet and move forward.

Slide



Slide

Raise one arm to the side and step sideways in the same direction, bringing your feet together. Keep your body and shoulders facing forward. Switch sides; raise your other arm, and slide in the other direction.

Backward Balance



Backward Balance

Raise your arms out to the side and look straight ahead. Lift one leg straight back and balance on your other leg. Lean forward as your back leg lifts up. Switch legs.

Bridge



Bridge

Sit with your hands and feet flat on the ground. Lift your bottom up and try to raise your belly to the same level as your knees.

Bunny Jump



Bunny Jump

Squat down and place your hands out in front of you on the ground. Jump, bringing your feet towards your hands.

Forward Balance



Forward Balance

Raise your arms out to the side and look straight ahead. Lift one leg forward and balance on your other leg. Lean back slightly and try to keep your forward leg straight. Switch legs.

Frog Jump



Frog Jump

Squat down with your knees out wide and your hands on the ground between your feet. Jump up, pushing off with your hands and legs. Land quietly in a squat.

Side Balance



Side Balance

Raise your arms out to the side and look straight ahead. Lift one leg straight out to the side and balance on your other leg. Switch legs.

Side Stretch



Side Stretch

Stand with your legs shoulder-width apart. Reach your arms straight up and slowly bend to the side from your waist. Switch sides.

Squat



Squat

Stand with your legs shoulder-width apart. Bend your knees and sit back as if you are sitting in a chair. Try to keep your back straight and your feet flat on the floor.

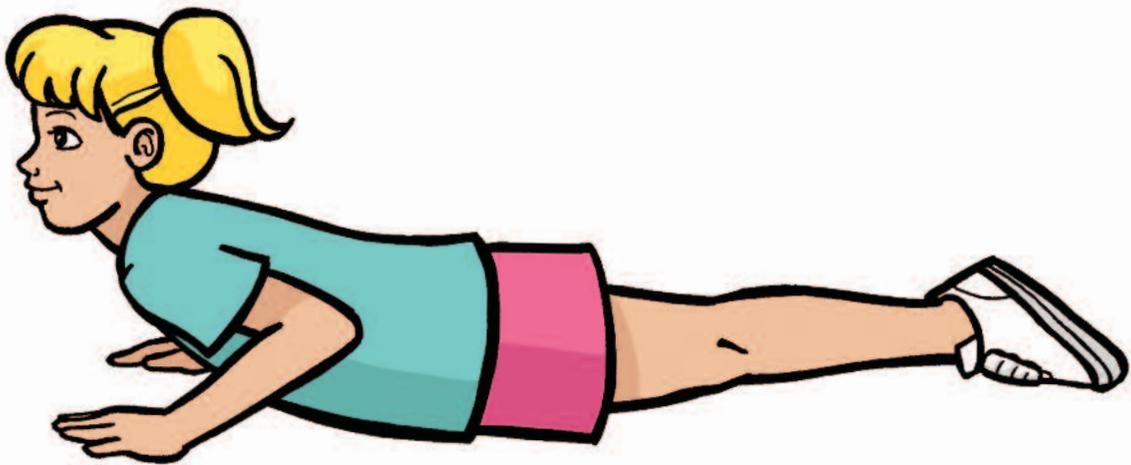
Table



Table

Place your knees and hands flat on the ground. Keep your arms straight. Your belly is facing the ground and your back is flat like a table.

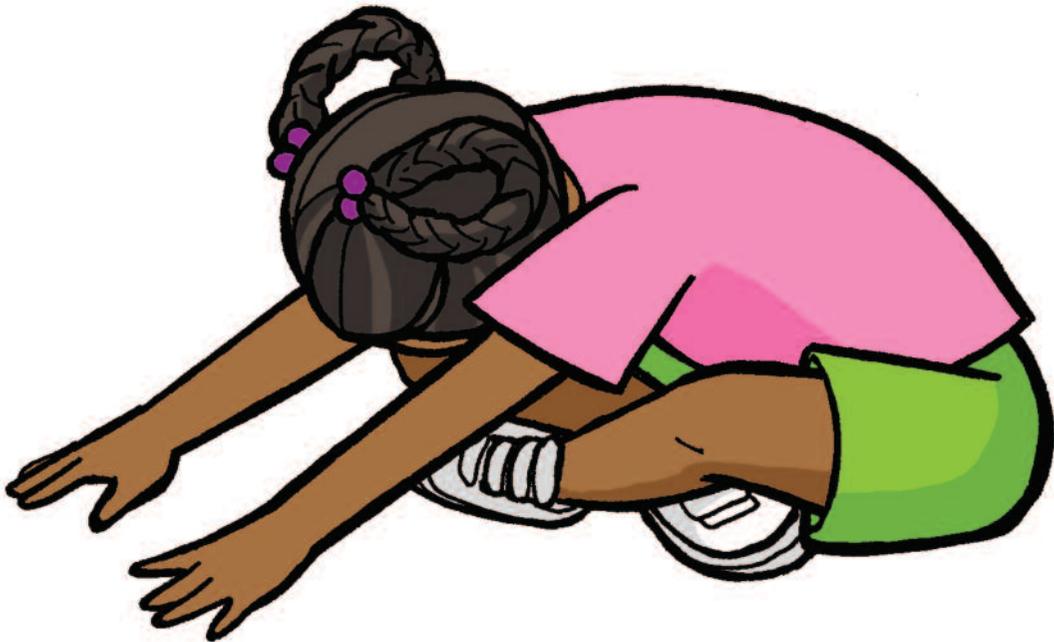
Baby Cobra Pose



Baby Cobra Pose

Lie with your belly on the ground. Place your hands flat on the ground like you are about to do a push-up. Point your toes. Slowly arch your back and look straight ahead. Breathe deeply.

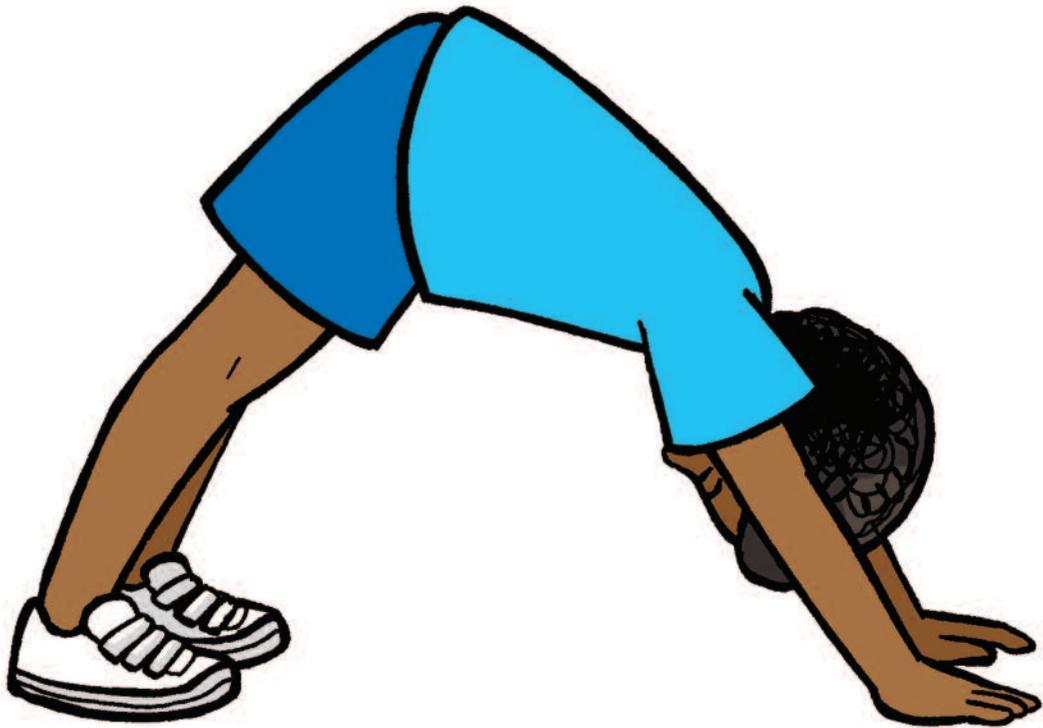
Butterfly Pose



Butterfly Pose

Sit cross-legged on the floor and slowly lean forward; reach your arms out in front of you. Switch legs.

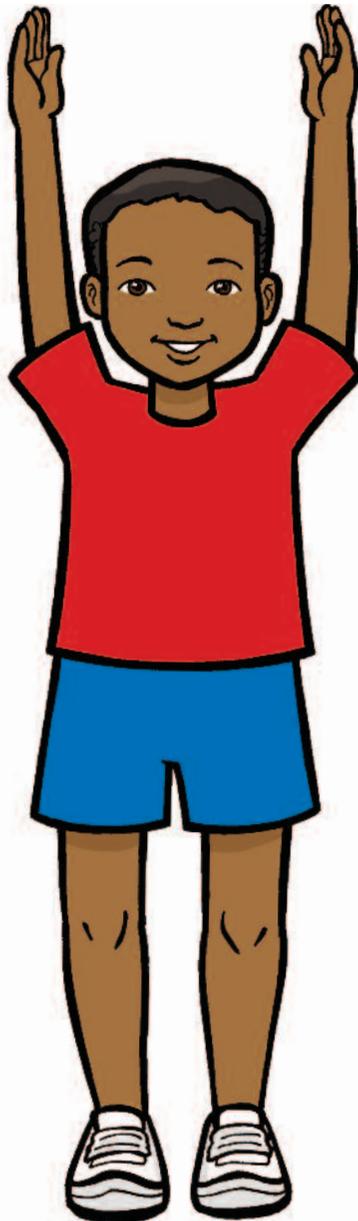
Downward Dog Pose



Downward Dog Pose

Start with your knees and hands flat on the floor. Lift your bottom up until your legs and arms are straight. Relax your head. Breathe deeply.

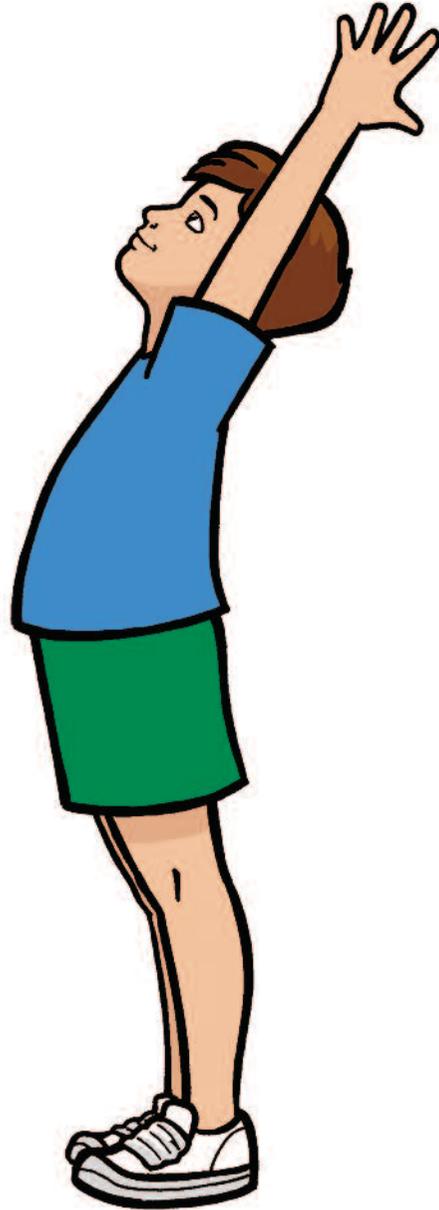
Mountain Pose



Mountain Pose

Stand with your legs shoulder-width apart. Reach your arms straight up and relax your shoulders. Look straight ahead and breathe deeply.

Standing Backbend Pose



Standing Backbend Pose

Stand with your legs shoulder-width apart. Reach your arms straight up and slowly bend backward from your waist. Look up. Breathe deeply.

Standing Forward Bend Pose



Standing Forward Bend Pose

Stand with your legs shoulder-width apart. Bend slowly from your waist, and reach your hands towards the ground, while keeping your legs straight. Keep your head, neck, and arms loose and relaxed. Breathe deeply.

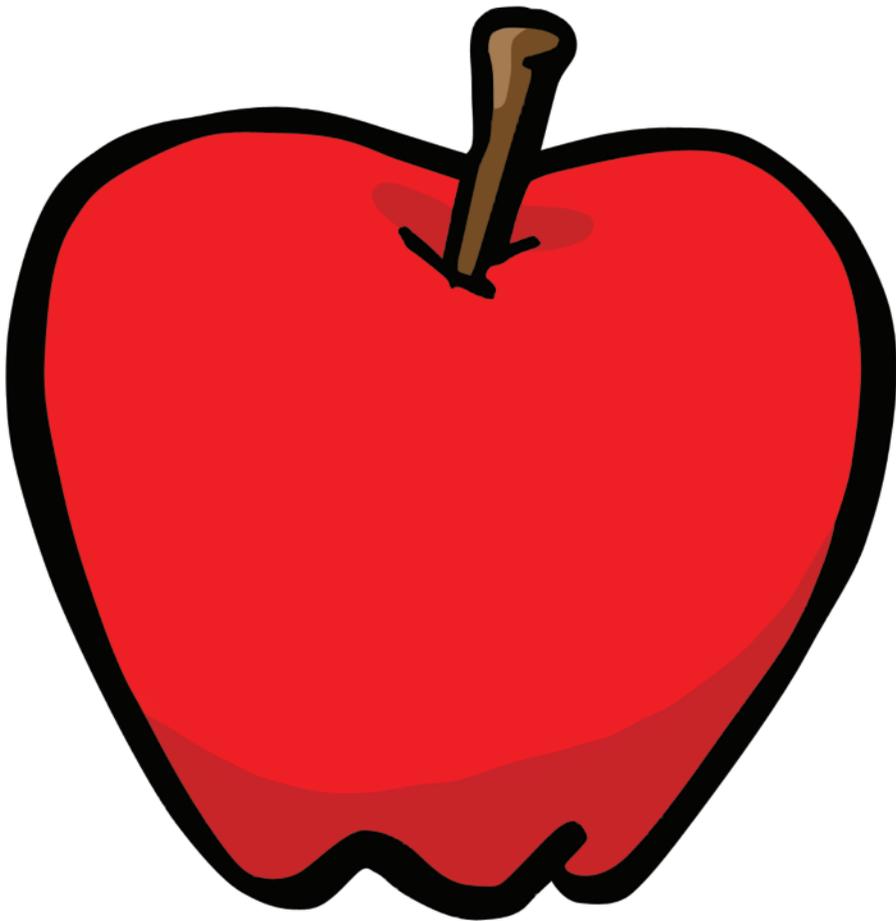
Star Pose



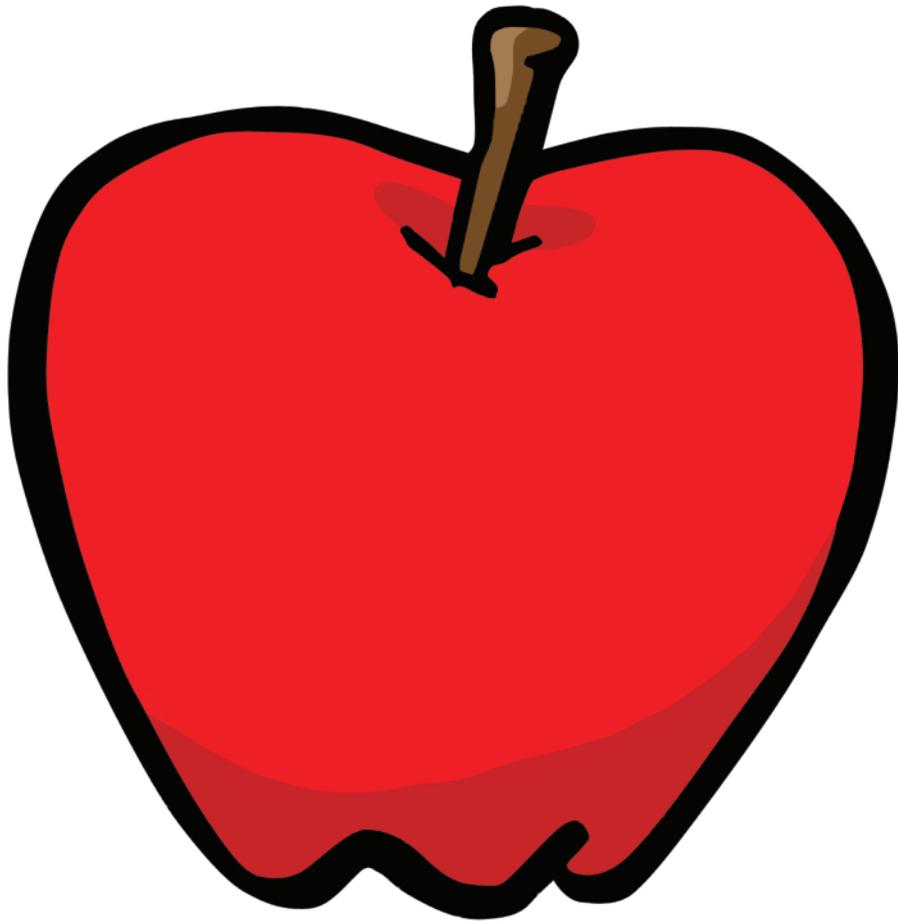
Star Pose

Step your legs out wide and bend your knees slightly. Stretch your arms out with your palms facing the ground. Reach out through your fingertips and relax your shoulders. Breathe deeply.

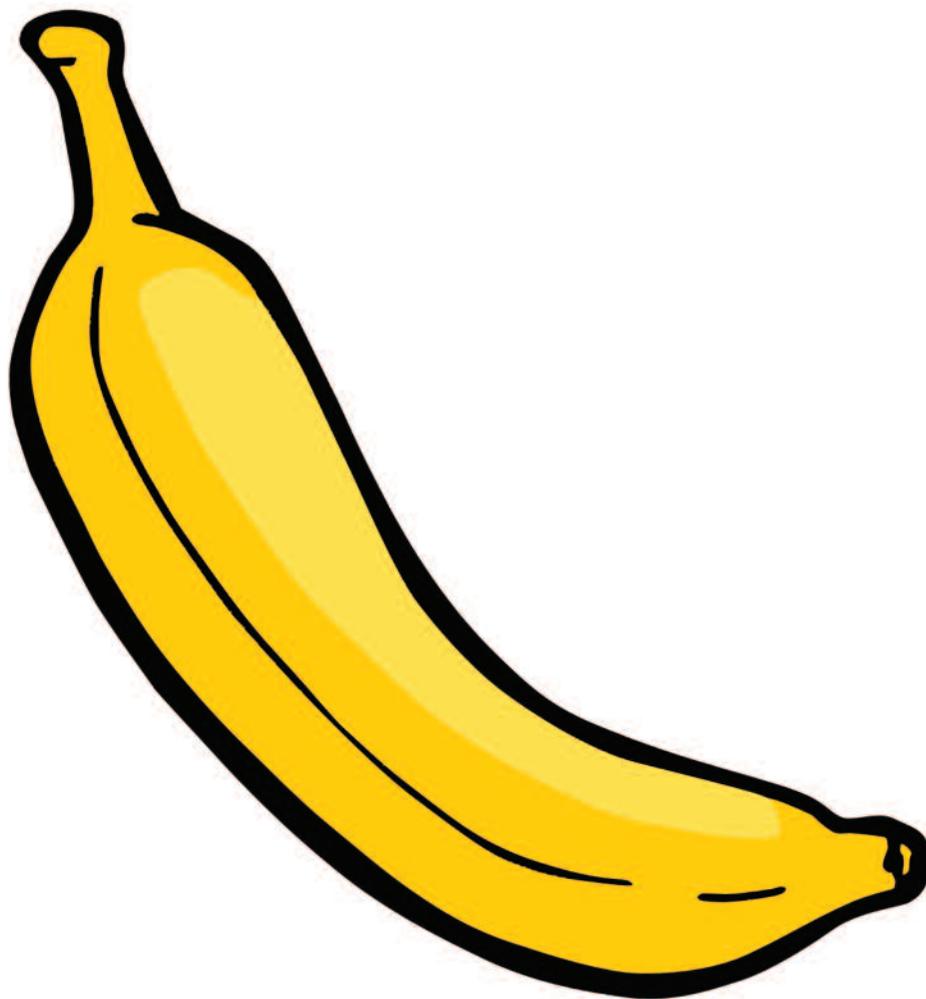
Apple



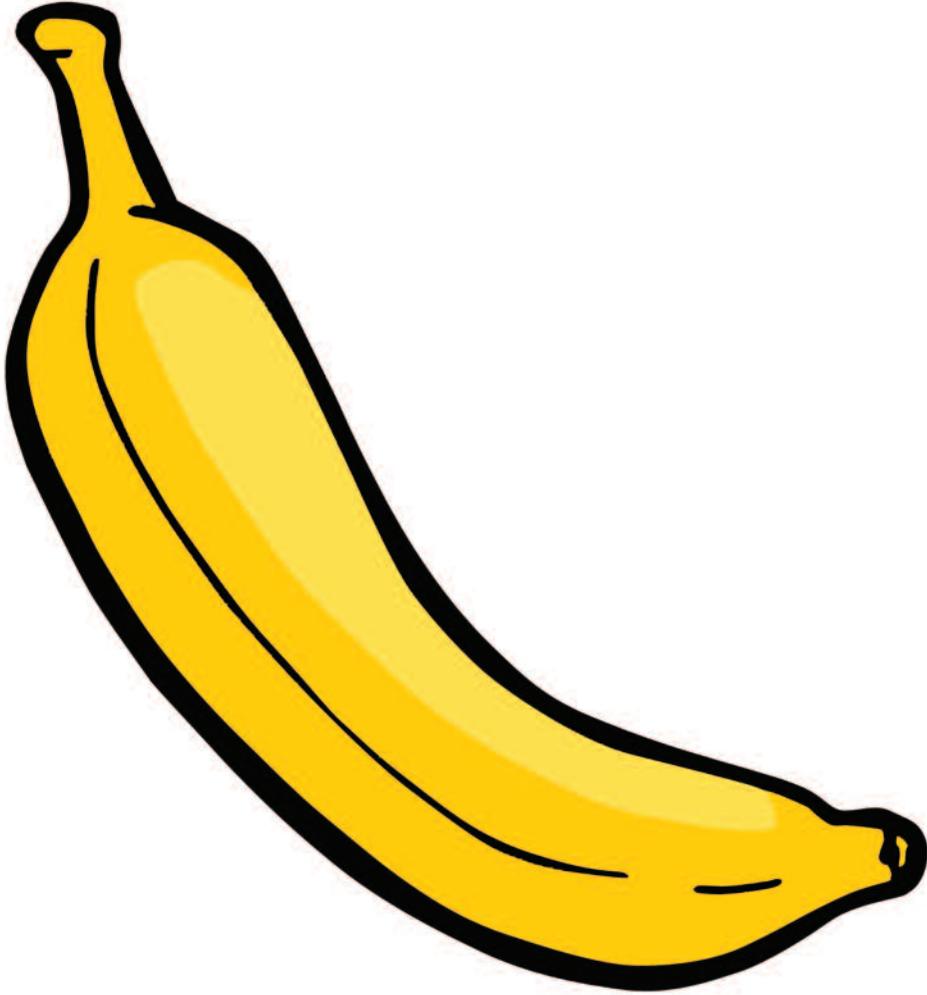
Apple



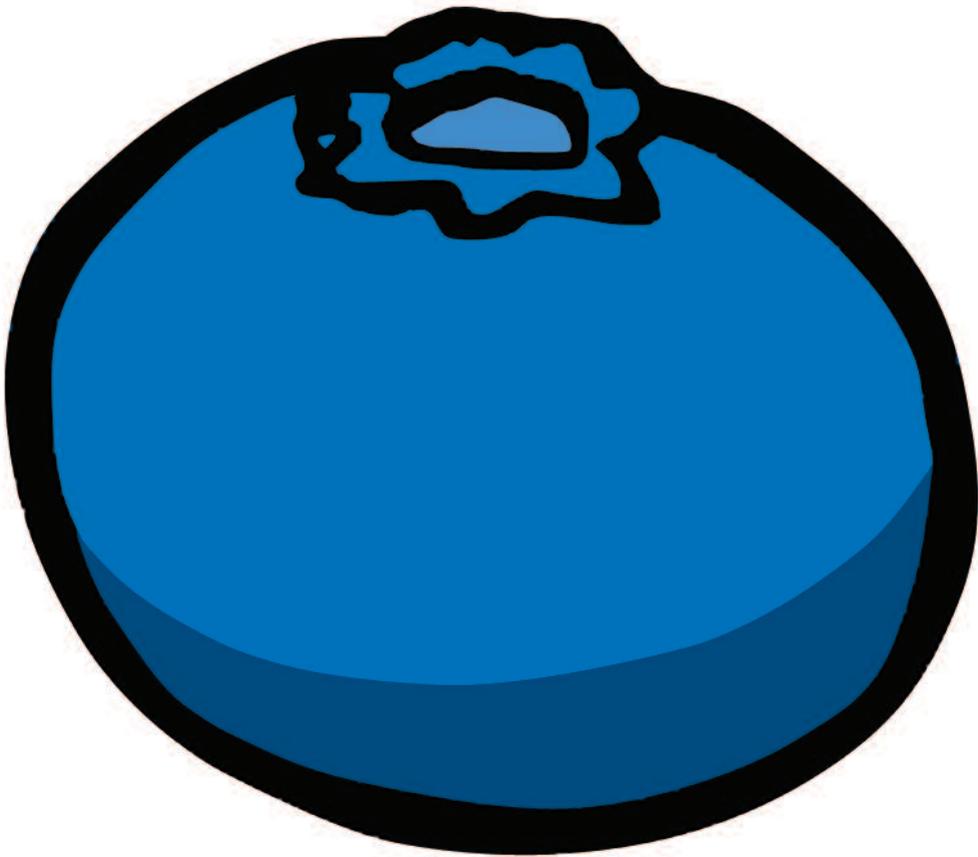
Banana



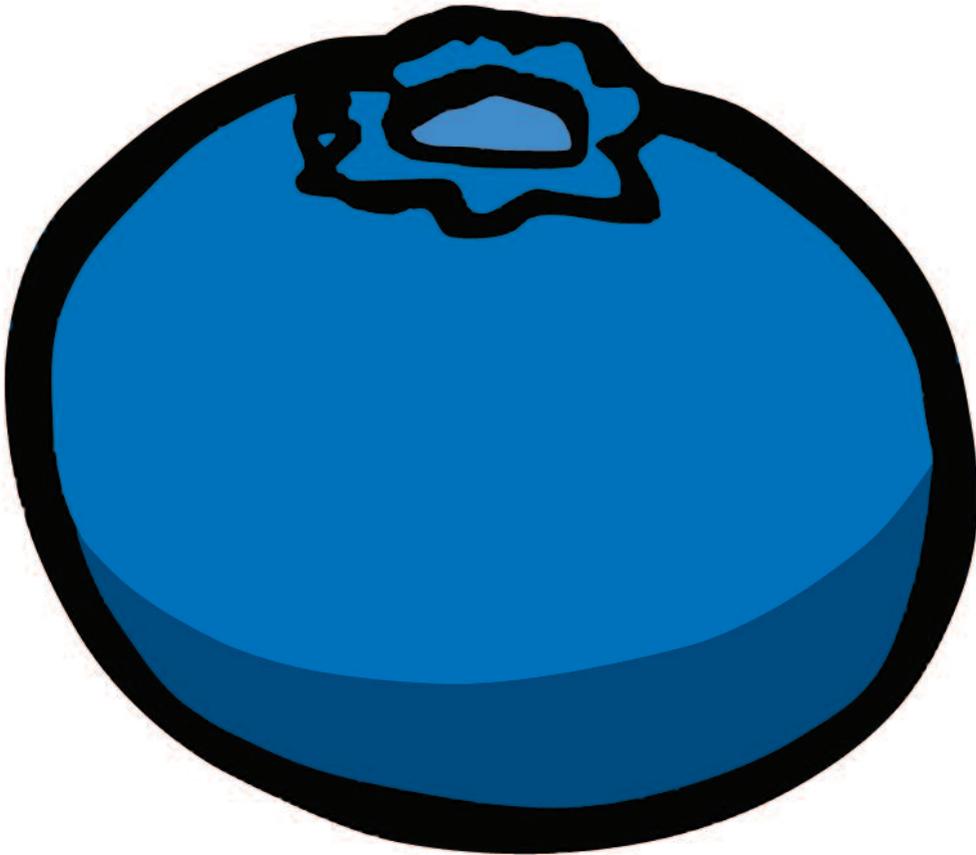
Banana



Blueberry



Blueberry



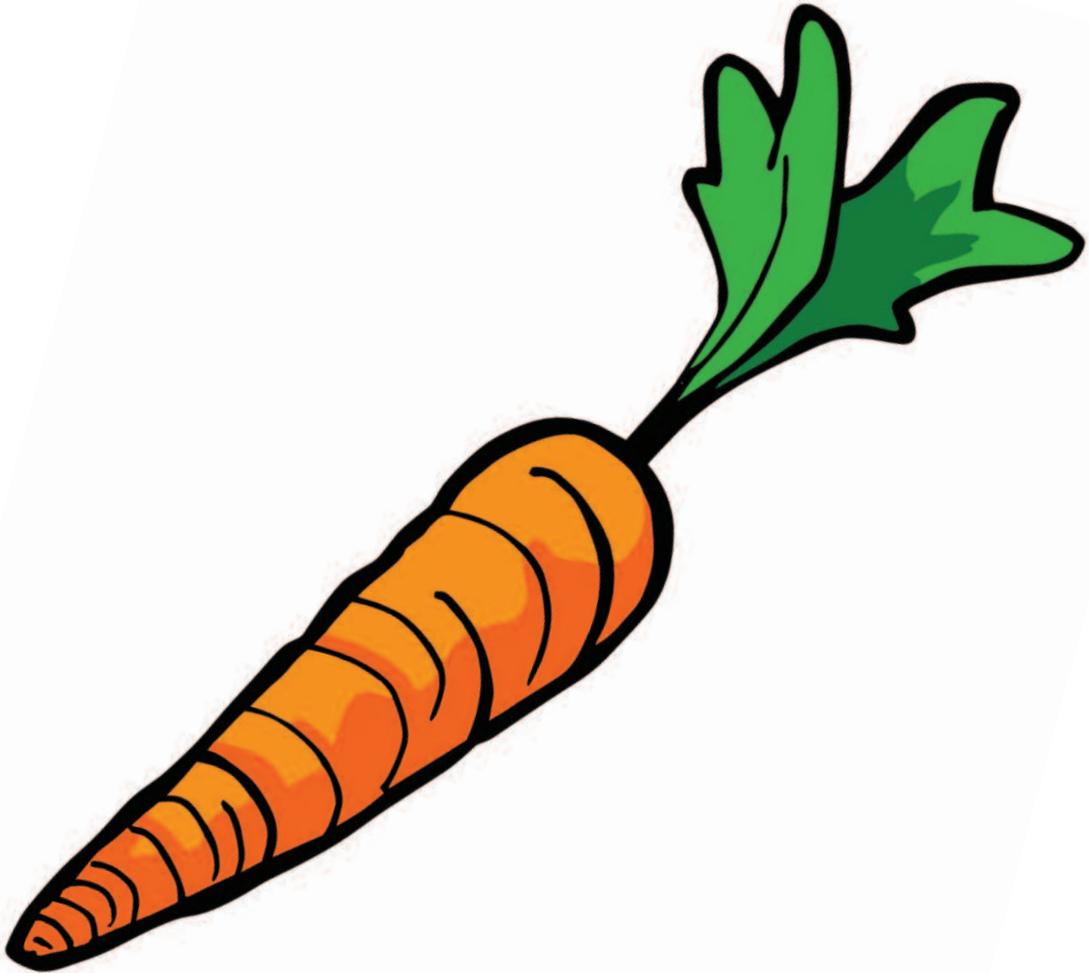
Broccoli



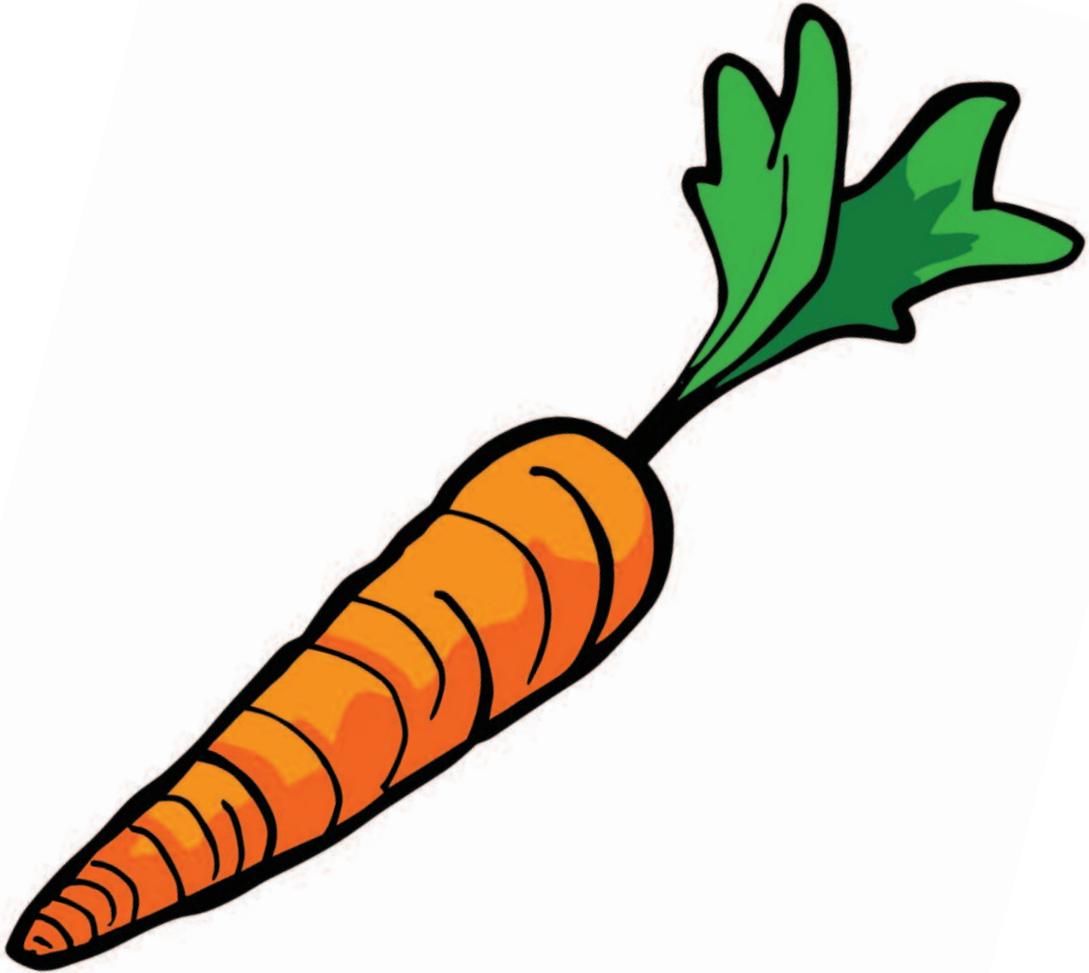
Broccoli



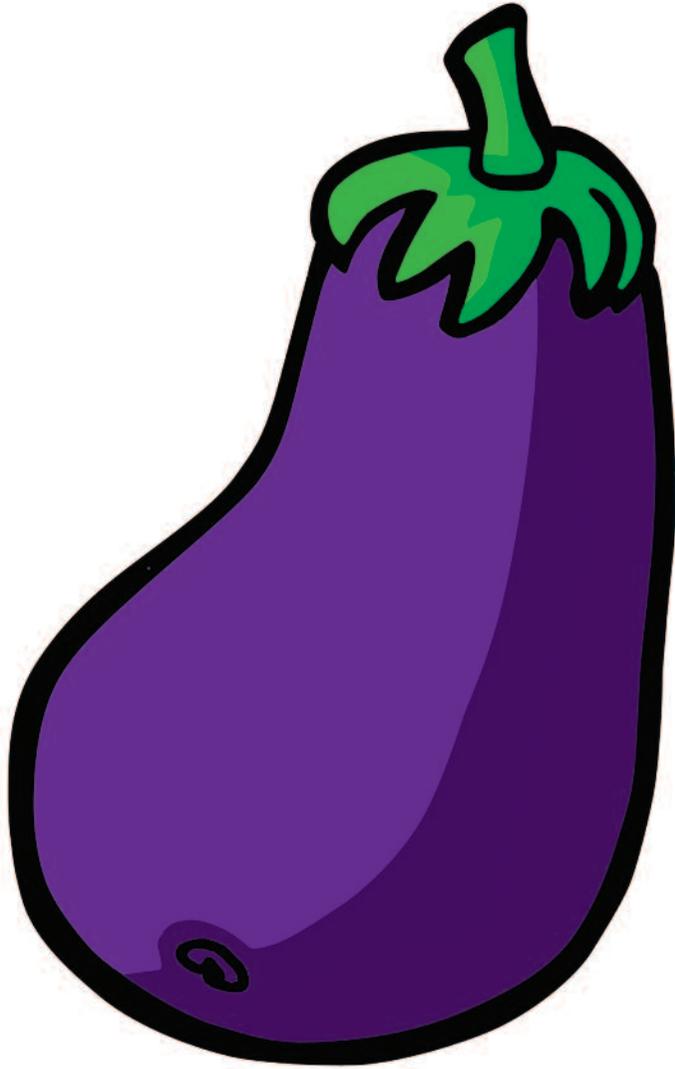
Carrot



Carrot



Eggplant



Eggplant

