



Touch your toes!



Hands on your knees!



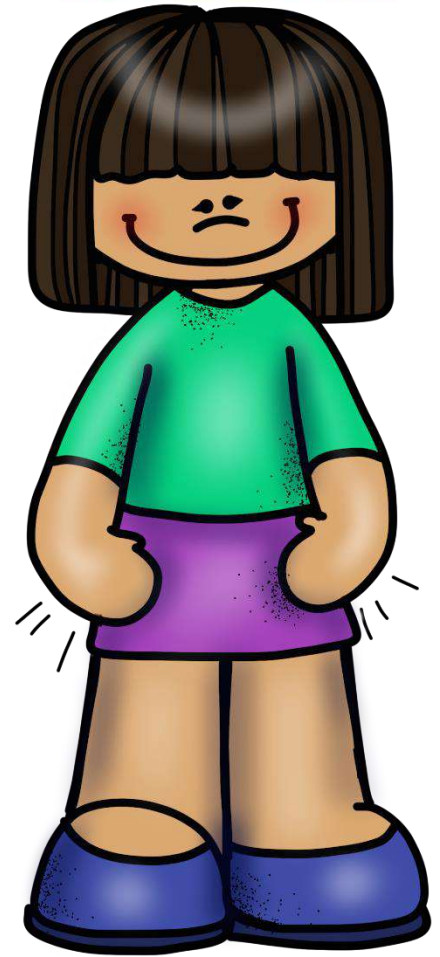
Hands up high!



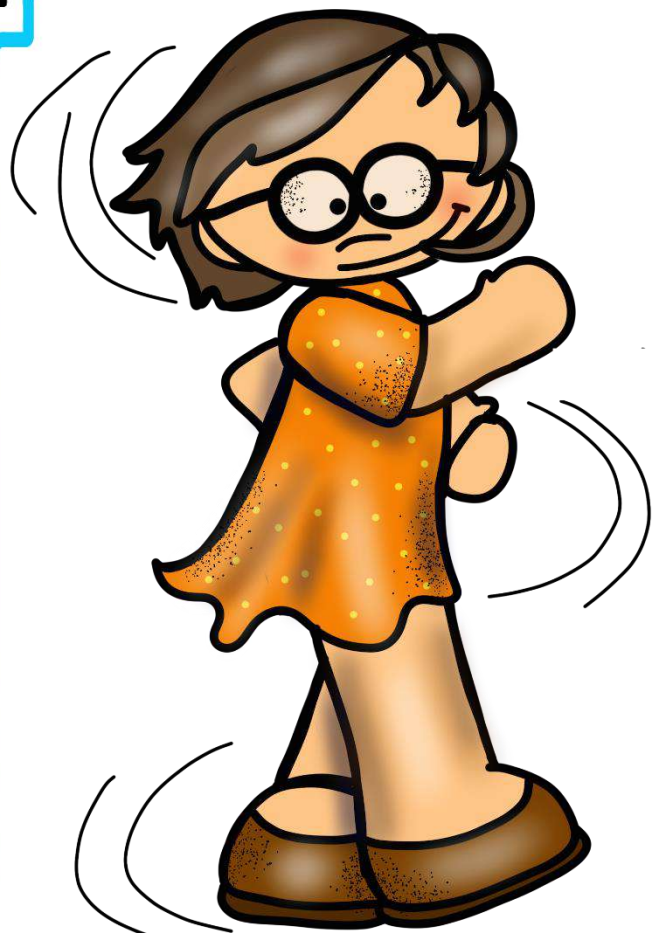
Kick one time!



March in place!



pat your lap!



Spin around!



Tap your toes!



Touch your
shoulders!



Stand on one
foot!

Moving Motions

Use for Brain Breaks, Motion Counting, Circle Time and More!

Clip art credit goes to:

