LET'S MOVE!
Try each movement for 10 seconds

- Jumping Jacks
- Squats
- Mountain Climbers
- Plank
- Push Up
- Seated Toe Touch
- Butterfly
- March
- Hop
- Skip

RECHARGE your body and brain

How do you **FEEL** after moving your body?

- Happy
- Brave
- Relaxed
- Proud
- Confident
- Excited