

★ Power Play the Animal Way

Warm UP:

10 Jumping Jacks
10 Forward Arm Circles
10 Backward Arm Circles
20 High Knees
20 Butt Kicks
20 Torso Twists

Bear Crawl



Starfish



Frog Hops



Gorilla Walk



Kangaroo Hops



Inch Worms



Donkey Kicks



Crab Walk



Dead Bug



Platypus Swim



Dog at a Hydrant



Challenger: Cricket



★ Use all animals OR as many as you want!

1. Pick a number. Do each animal move that many repetitions OR Pick a length of time (e.g., one minute), set a timer, and move until time is up!

2. REST after each animal move! Animals like a good stretch.

3. REST 1-2 minutes after you complete ALL the animal moves!

4. Use the Energy Meter! Check in. Where are you? Ready to move on with your day? Or do you need more movement to Power UP or Power Down?