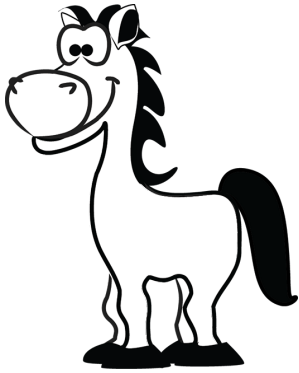


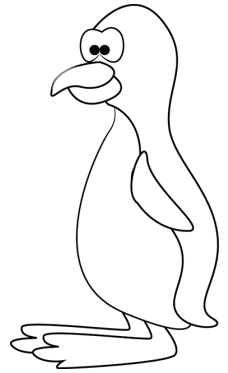
Moves for Moods



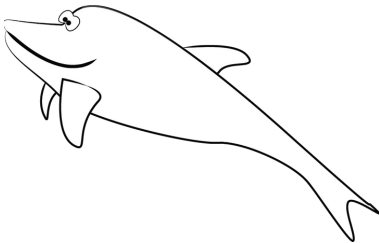
Horsey
Hussles



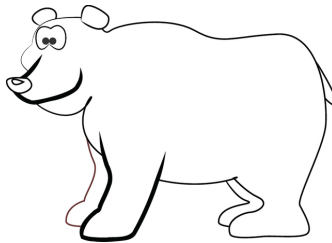
Kangaroo
Hops



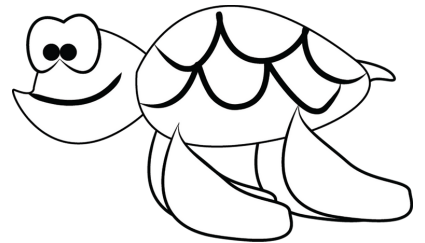
Penguin
Waddles



Dolphin
Twirls



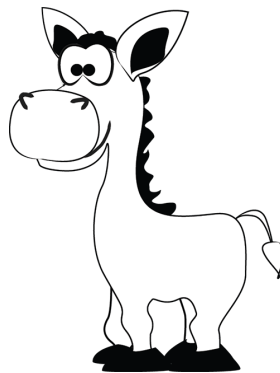
Bear
Crawls



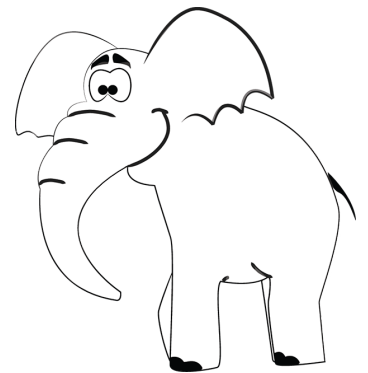
Turtle
Slides



Snake
Slithers



Donkey
Kicks



Elephant
Swings

Moves for Moods



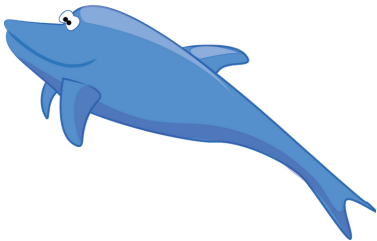
Horsey
Hussles



Kangaroo
Hops



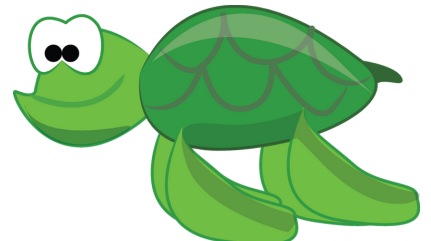
Penguin
Waddles



Dolphin
Twirls



Bear
Crawls



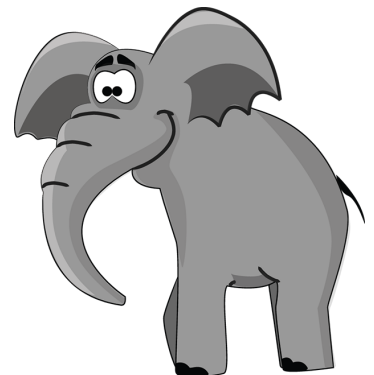
Turtle
Slides



Snake
Slithers



Donkey
Kicks



Elephant
Swings



Horsey Hussles

Get all knees and hands and crawl around as fast as possible. If you have more than one child this is a great time to get them to chase each other!



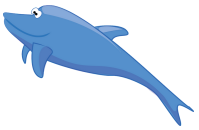
Kangaroo Hops

Keeps legs together and squat as low as you can go. Jump forward as far as you can. Try to keep legs together and repeat until time is up.



Penguin Waddles

Keep arms straight by side. Keep legs as straight as possible also and try to walk like a penguin.



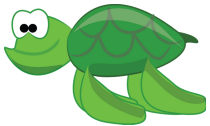
Dolphin Twirls

Lay on side. Place hands over head. Try to lift hands and feet off the floor. Do this multiple times on each side.



Bear Crawls

Keep feet on the floor, bend knees and place hands on the ground. Keep bum pointed in the air and start walking on all fours!



Turtle Slides

Sit on knees and lay bum down on heels. Stretch hands over head onto the floor. Try to inch forward without coming off the ground.



Snake Slithers

Lie flat on stomach with arms by side. Try to move forward while flat on the floor (slight bending of the legs is ok).



Donkey Kicks

Get on knees and hands. Push up with hands and kick feet outward when in the air.



Elephant Swings

Keep legs straight. Bend forward and let arms dangle. Swing arms from side to side.