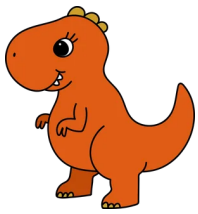
MOVE LIKE ME 1

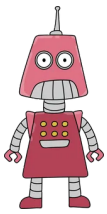


T. rex Stomp

Make tiny T. rex arms. Stomp in place 10 times, then roar once.

30 seconds

MOVE LIKE ME 2



Robot Moves

Stiff arms, stiff legs. Turn left, beep. Turn right, beep. Power down.

30 seconds

MOVE LIKE ME 3

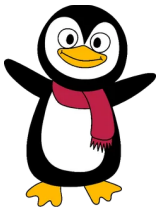


Frog Hops

Squat down low and do five frog hops in place. Ribbit!

30 seconds

MOVE LIKE ME 4



Penguin Waddle

Feet together, arms by your sides. Waddle in a small circle.

30 seconds

MOVE LIKE ME 5



Monkey Reach

Reach up and grab a banana, left hand, right hand. Do it 10 times.

30 seconds

MOVE LIKE ME 6



Flamingo Balance

Stand on one leg like a flamingo and count to 10. Switch legs.

45 seconds

MOVE LIKE ME 7



Elephant Trunk

Clasp your hands and swing your trunk side to side. Trumpet!

30 seconds

MOVE LIKE ME 8

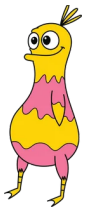


Crab Shuffle

Pinchy claws up! Shuffle four steps left, then four steps right.

30 seconds

MOVE LIKE ME 9

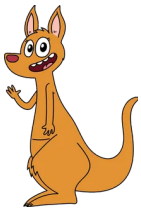


Alien Antennas

Put two fingers on your head for antennas. Wiggle them and spin slowly.

30 seconds

MOVE LIKE ME 10

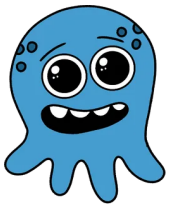


Kangaroo Jumps

Hold your paws up and jump in place 10 times.

30 seconds

MOVE LIKE ME 11



Octopus Arms

Wave your arms slowly like you're floating underwater. Now faster!

30 seconds

MOVE LIKE ME 12



Wet Dog Shake

Shake your hands, then your arms, then your whole body, like a dog after a bath.

30 seconds

MOVE LIKE ME 13



Lion Stretch

Stretch your claws out wide, take a big yawn, then a quiet roar.

30 seconds

MOVE LIKE ME 14

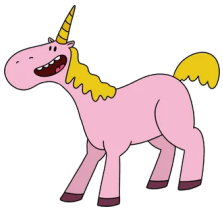


Air Drawing

Draw a giant circle in the air with your elbow. Now your nose. Now your foot!

45 seconds

MOVE LIKE ME 15

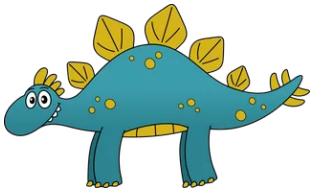


Unicorn Gallop

Gallop in place and toss your mane. Slow down to a walk, then stop.

30 seconds

MOVE LIKE ME 16



Dino Freeze

Dance until your teacher says “Freeze!” Then freeze like a stegosaurus.

1 minute