

## MATCH THE PICTURE WITH THE DESCRIPTION



Standing up, bend the knees slightly. Lift left leg up and wrap it over the right leg. Hook the top of left foot behind right calf. Straighten your hands. Right arm on top and left arm under, wrap together pressing the palms together. Raise the arms to the level of the chest.



Standing tall, lift one leg back towards your bottom grasping your foot. Lift your other arm up to the sky. Keep the chest out while maintaining the balance as a graceful animal.

Standing tall, we reach our hands up tall, making a long neck and start walking with your long legs



Squat down with your fingertips on the floor. Push up to your tiptoes, take heels off the floor and hop!