

Jog in place for 5 seconds.



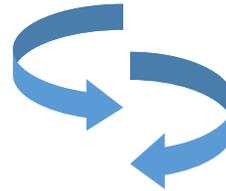
Do 10 jumping jacks.



Spin around twice, and then spin around twice the other way.



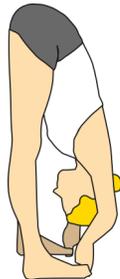
Roll your arms for 5 seconds.



Dance for 10 seconds.



Stretch for your toes and hold it for 5 seconds.



**Cut out along the outside lines.
Fold. Tape or glue the tabs to the
underside of the squares.**