

Stretch arm up	Stretch arm up	Stretch arm up	Stretch arm up
Toe to heel walk	Toe to heel walk	Toe to heel walk	Toe to heel walk
Rub head & tummy	Rub head & tummy	Rub head & tummy	Rub head & tummy
March feet	March feet	March feet	March feet
March arms	March arms	March arms	March arms
Side bends	Side bends	Side bends	Side bends
Mashed potato	Mashed potato	Mashed potato	Mashed potato
Do the twist	Do the twist	Do the twist	Do the twist
Toe taps to the front	Toe taps to the front	Toe taps to the front	Toe taps to the front
Toe taps to the side	Toe taps to the side	Toe taps to the side	Toe taps to the side
Punch forward	Punch forward	Punch forward	Punch forward
Rainbow arms	Rainbow arms	Rainbow arms	Rainbow arms
Heel raises	Heel raises	Heel raises	Heel raises
Toe raises	Toe raises	Toe raises	Toe raises
Dance with arms	Dance with arms	Dance with arms	Dance with arms
Stand on one leg	Stand on one leg	Stand on one leg	Stand on one leg
Squats	Squats	Squats	Squats
Shoulder circles	Shoulder circles	Shoulder circles	Shoulder circles
Shoulder shrugs	Shoulder shrugs	Shoulder shrugs	Shoulder shrugs
Ankle rotations	Ankle rotations	Ankle rotations	Ankle rotations

Wrist rotations

Wrist rotations

Wrist rotations

Wrist rotations