

Moving my body helps me to think well and feel well.

| M | O | V | E |
|--|-----------------------------------|--|--|
| Head and shoulders 4 times | Hop on two feet 10 times | Balance on one leg and count to 7 | Hop on two feet 10 times |
| Toss the ball 6 times | 5 Jumping Jacks | Toss the ball 6 times | 5 Jumping Jacks |
| Balance on one leg and count to 7 | Head and shoulders 4 times | 5 Jumping Jacks | Head and shoulders 4 times |
| Hop on two feet 10 times | Toss the ball 6 times | Hop on two feet 10 times | Balance on one leg and count to 7 |