

5-4-3-2-1

I can take good care of my body.

I can keep trying.

Think about the way your muscles stretch and relax as you do these movements.



MATERIALS:

None

Give it a try!

1. Hop on one foot **five** times.
2. Do **four** jumping jacks.
3. Touch your head, shoulders, knees, and toes **three** times.
4. Spin around **two** times.
5. Take **one** deep breath and let it out.