

### Same Side Ski Jumps:

1. Jump your left foot and raise your left arm
2. SWITCH!
3. Jump your right legs forward and raise your right arm
4. SWITCH
5. Jump your left foot and raise your left arm
6. SWITCH!
7. Jump your right legs forward and raise your right arm



### Standing on One Foot (Tree Pose)

Can you stand on one foot?

How long Can you stand for?

Can you do it on both sides?

If it's a bit tricky at first, try holding onto a wall. Make sure to look at one spot and don't let your eyes move around!



### Jumping Jacks

Can you do a Jumping Jack? How many can you do?

1. Stand tall like a mountain
2. Jump your legs open wide
3. Open your arms up high above your head
4. Jump your arms and legs back together

If it's a bit tricky to start, try jumping only your legs or only your arms.



### Downward Dog

1. Put your hands and legs on the ground
2. Push your bottom high into the sky
3. Look between your legs

How long can you stay like this? For a minute?



### Cross Crawl

1. Put your hand on the opposite knee
2. Legs down and hands up high,
3. Use the opposite hand and put it on the other knee

