Stay
ACTIVE
Play
Follow the Leader

Add energetic movements to get your child moving!

Here are some suggestions to help get you started!

- Jumping Jacks
- Stomps
- Gallop
- Crab Walks
- Walk On Your Tip Toes
- Squats
- Crawl
- Touch Your Toes

Benefits:
This activity develops leg coordination, dynamic balance, and speed.