

Music and Move *click on video.*



Crossover



Move & Freeze



Activity and exercises

click on activity

Roll Some Brain Breaks					
	Column #1	Column #2	Column #3	Column #4	Column #5
1	10 jumping jacks	Wiggle your entire body for a count of 10.	Bring 10 elbows to 1, knee and 1 elbow to 10 knee 5 times	Jump to place 10 times	Roll your entire 10 arm with your 1 hand
2	Touch your 10 hand elbow with your 1 hand	10 wall push ups	Wear the upper half of your body	Spin 10 a circle 3 times to the right	Touch 1 hand to bottom of 10 hand, Repeat 1x.
3	Roll the upper and lower body	Remain legs apart and bend 10 times touching between knees Repeat 1x.	Make 10 small circles with your arms	10 jumps over a pencil on floor	Give yourself a big hug for 10 seconds
4	Roll your entire 1 arm with your 1 hand	Touch 10 hand to bottom of 1 hand, Repeat 1x.	Touch at the waist 10 times with arms out to the side	Spin 10 a circle 2 times to the left	Make 10 large circles with your arms



Don't have speed stacks.
Use plastic cups-put holes in the bottom of cup.

