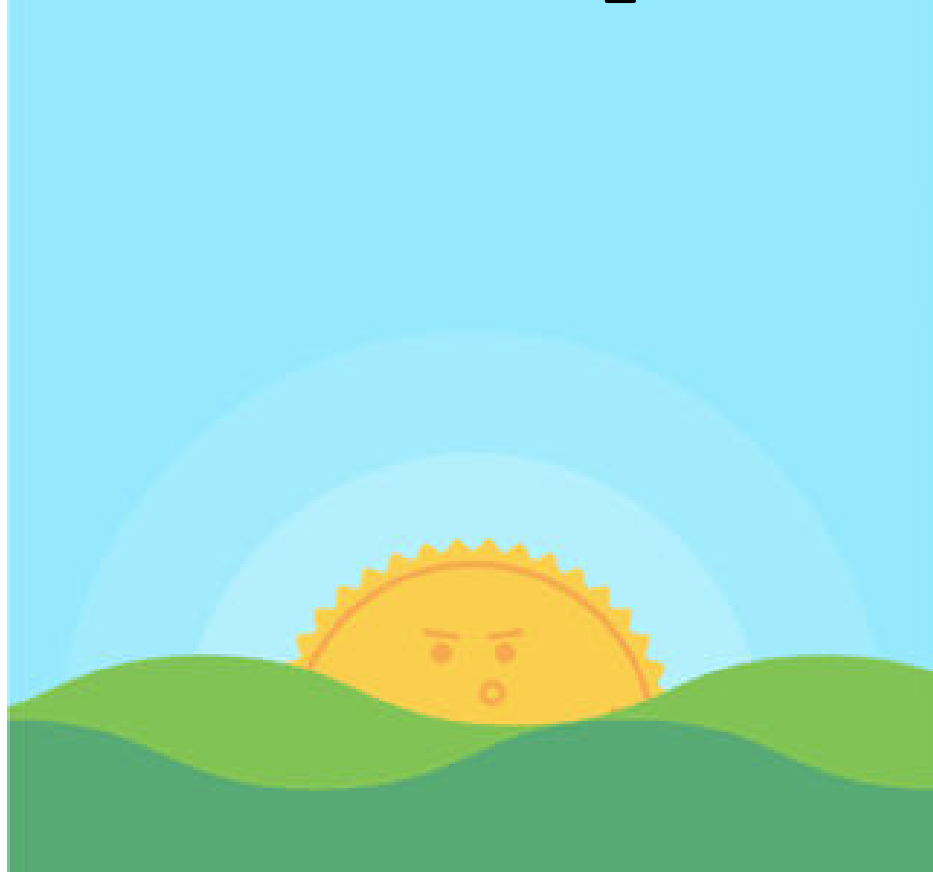


# Time to Wake Up and Move!

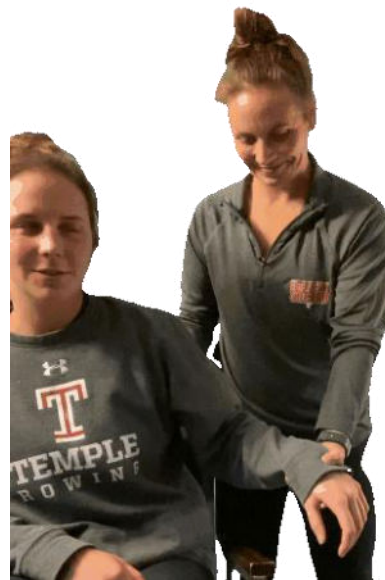


# Turn Off Your Alarm Clock

## SIDE ARM RAISES



Independent



With Assistance

# Take Off Your Blankets

TWIST IN YOUR SEAT



Independent



With Assistance

# Big Stretch!

## LIFT ARM(S) ABOVE HEAD



Independent



With Assistance

# Get Out of Bed

LEAN FORWARD AND SIT UP



Independent



With Assistance

# Get Squeaky Clean

## ARM CIRCLES



Independent



With Assistance

# Brush Your Hair

## BICEP CURL



Independent



With Assistance



# Pick Out an Outfit to Wear

## FINGER STRETCH



Independent



With Assistance



# Put on Your Shoes

## LEG RAISES (OR ARM)



Independent



With Assistance

# Make Breakfast

## WRIST ROLLS



Independent



With Assistance

# Eat Breakfast

## MOVE WRIST UP & DOWN



Independent



With Assistance

# Brush Your Teeth

MOVE ARM OUT AND IN



Independent



With Assistance

# Get Your iPad

OPEN & CLOSE HAND



Independent



With Assistance

# Look Around at Your Classmates

## NECK STRETCH SIDE TO SIDE



Independent



With Assistance

# Wave Good Morning To Everyone

## FRONT ARM RAISES



Independent



With Assistance

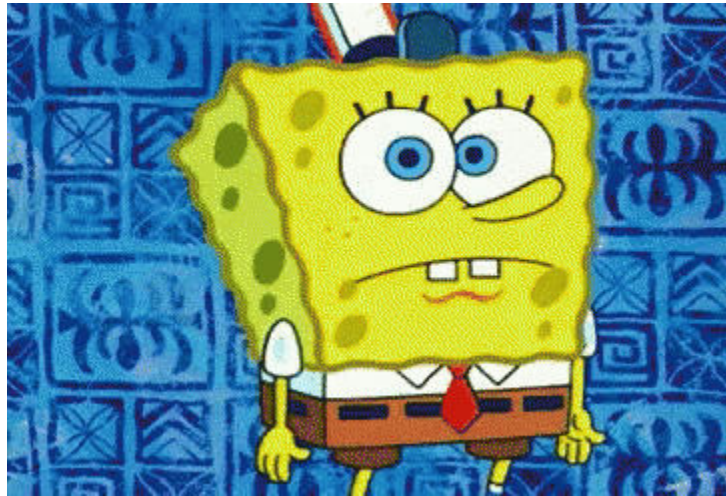


# Is Everyone Here?

## SHOULDER SHRUGS (OR MASSAGE)



Independent



With Assistance

# Are You Ready To Start Class?

## NECK STRETCH UP & DOWN



Independent



With Assistance

# Who Is Ready For A Great Day?!

## SINGLE ARM OVERHEAD REACH



Independent



With Assistance