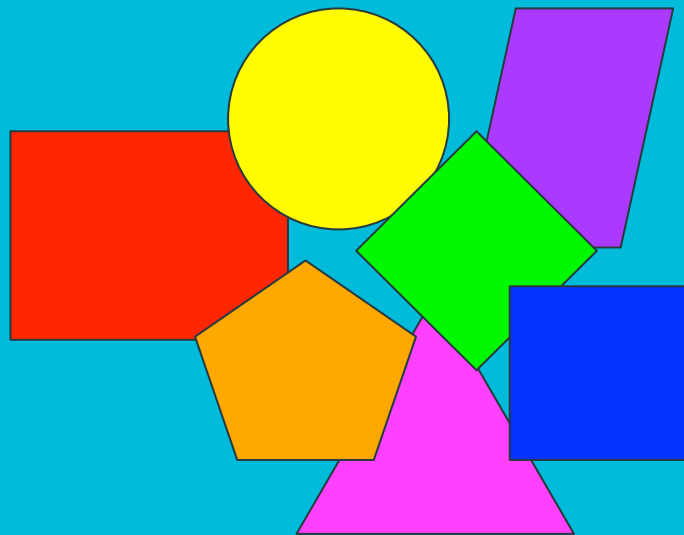


Shapes I See...

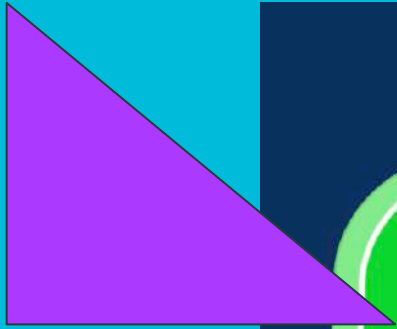
Energize Me!



Jump on
both feet to
4 points in a
square shape



Square



Balance using
3 different
body parts

Triangle



Walk around
in a circle

Circle



Jump forward,
slide left,
jump backwards,
slide right

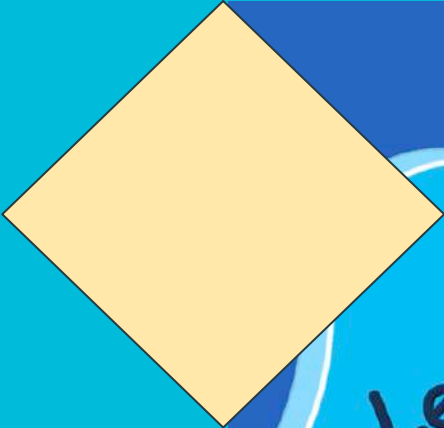
Rectangle



Jump up
and do
star jumps

Star

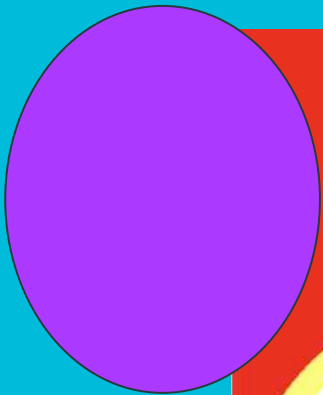


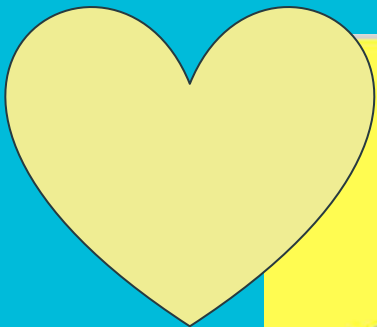


Leap from
one point to
another in a
diamond shape



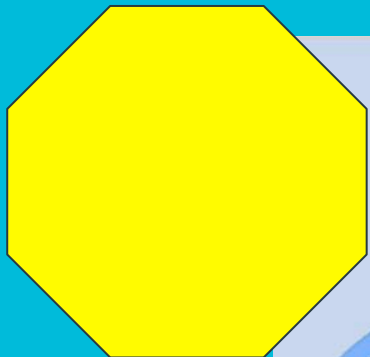
Diamond





Jump up
and down
pretending to
jump rope

Heart



Dance
and
"Freeze"

Octagon