

A black silhouette of a child with their arms raised in a 'V' shape, standing with legs apart. The child is centered in the background.

Time for a
movement break!

5 star jumps



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run



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10 hops



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10 toe touches



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5 sit ups



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10 press ups



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10 jumps



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bear walk



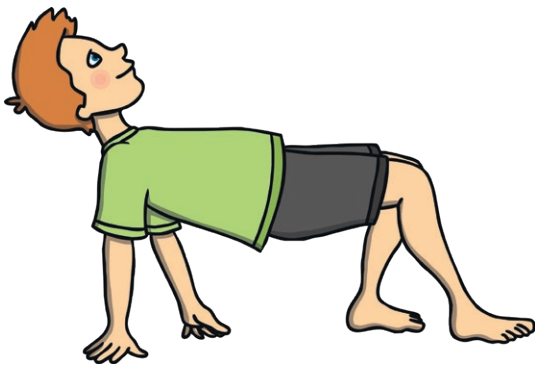
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10 arm circles



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crab walk



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10 twists



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10 leg raises



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