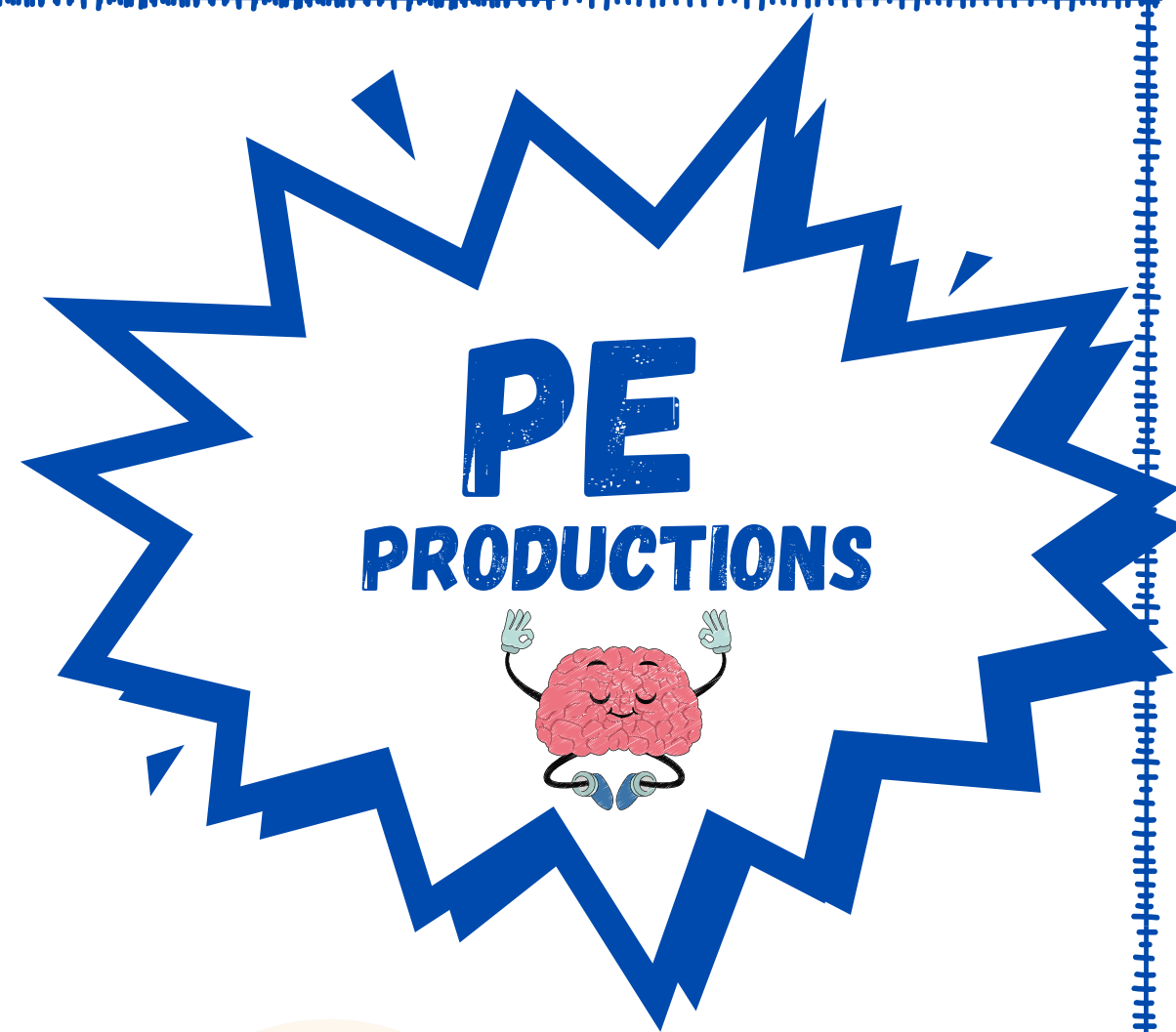
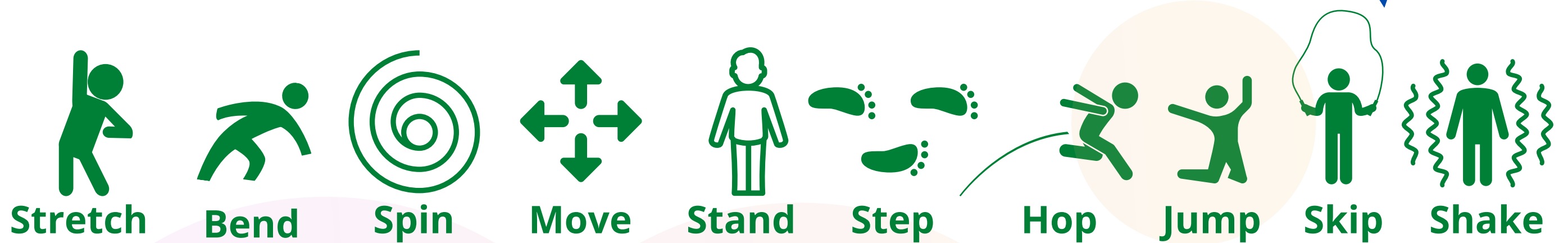


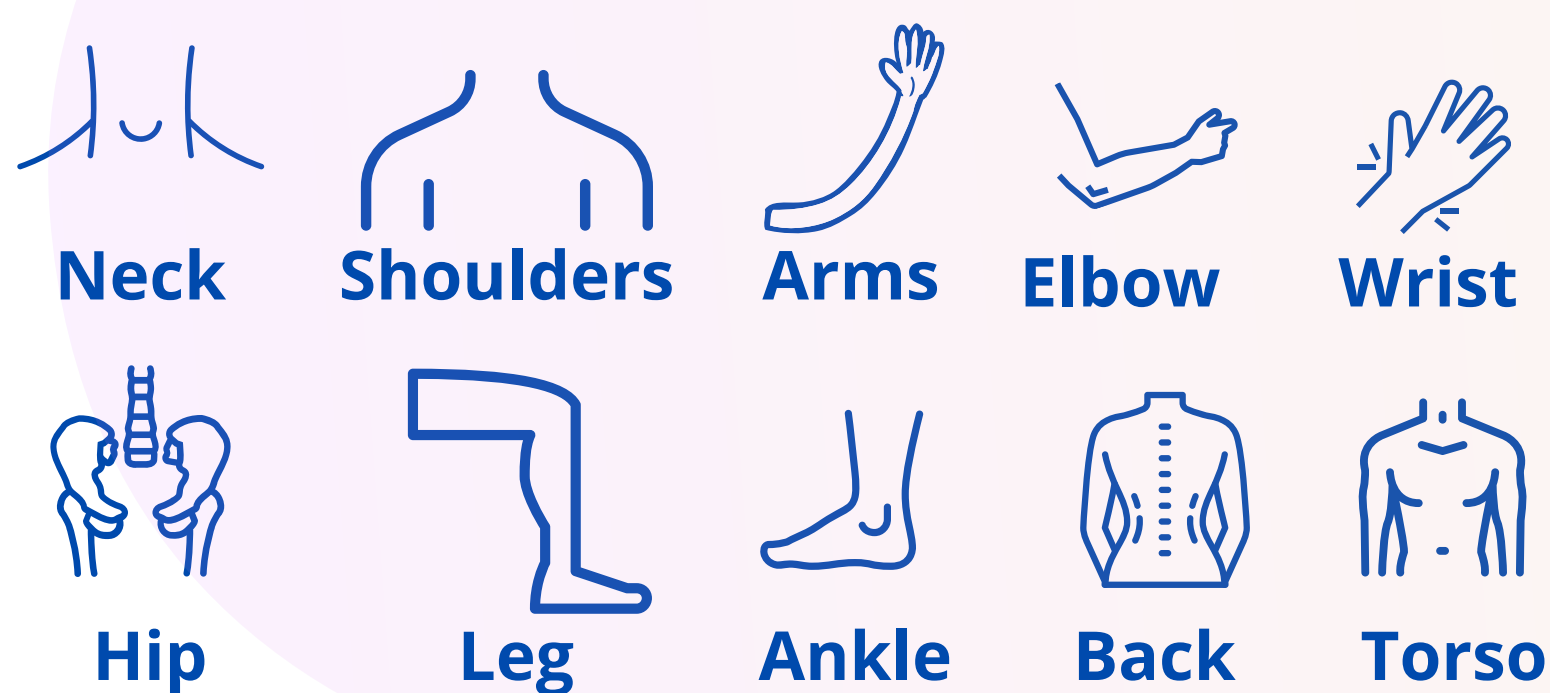
Design a warm up for your class



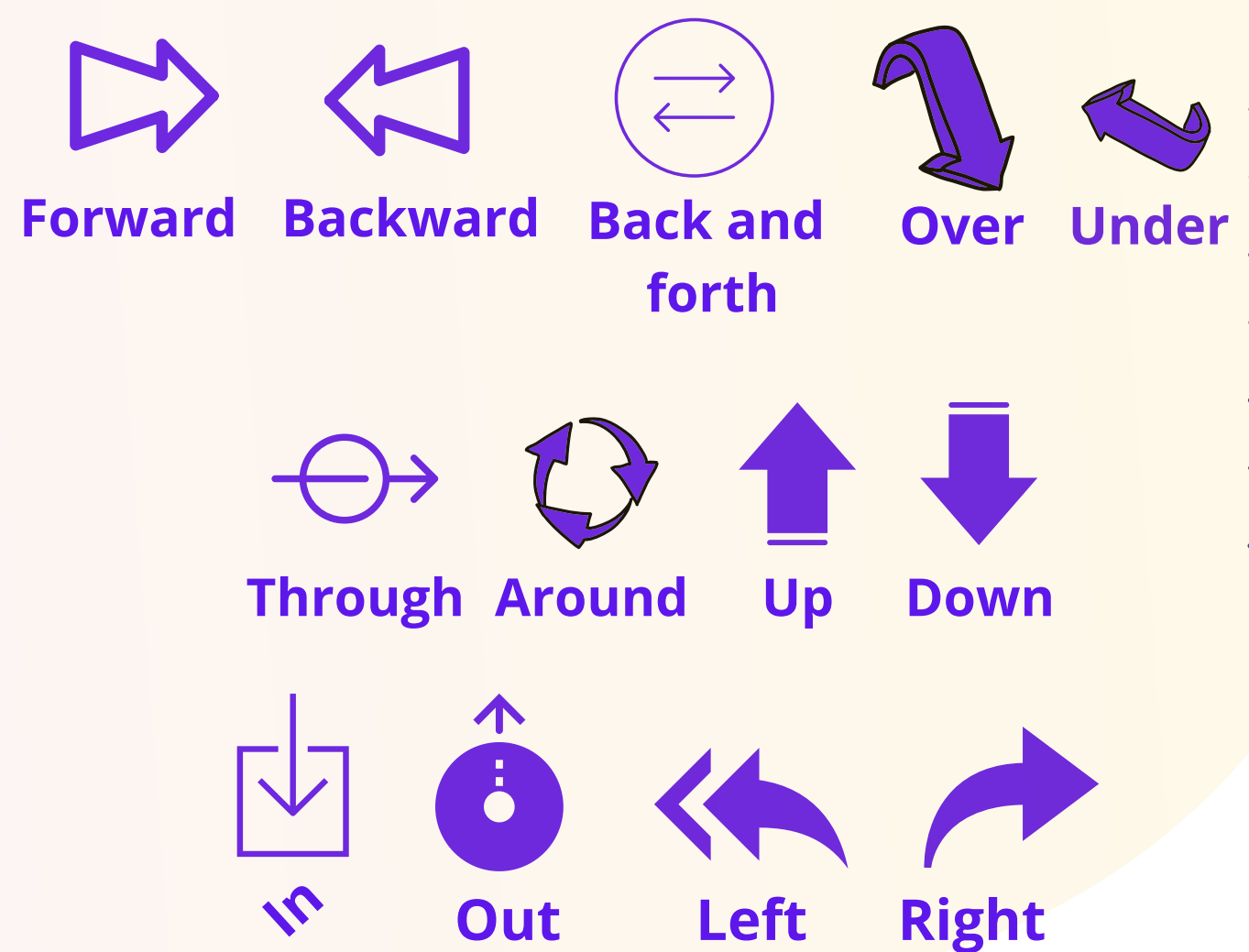
1) Choose an action verb



2) Focus on a part of your body



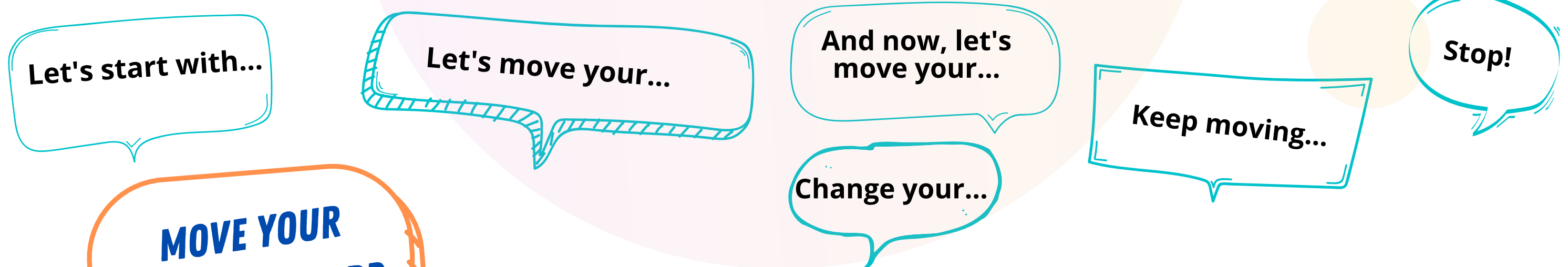
3) Think about movements and directions



4) Choose a rhythm



5) Use different expressions to change movement



**MOVE YOUR
ARMS FORWARD**

6) Say the instructions out loud and engage your classmates!

