Twister
1. Lie on your back with your arms at your sides.
2. Lift your knees until they point to the ceiling.
3. Stretch your arms out to the sides.
4. Drop your legs to your right side and keep both shoulders on the floor.
5. If you can, turn your head to the left and look over your left shoulder.
6. Repeat the directions, dropping your legs to your left side and looking to the right.

Beanstalk
1. Lie on your back with your arms at your sides.
2. Stretch your right leg toward the ceiling.
3. Reach up to hold your leg above or below your knee.
4. If you can, lift your head and shoulders off the floor.
5. Repeat the directions, stretching your left leg up to the ceiling.
Caution: Do not let child pull on his or her knee.

Down Dog
1. Lie down on your belly.
2. Place your hands beside your shoulders and tuck your toes under.
3. Push up onto your hands and feet and push your bottom toward the ceiling.
4. Straighten your legs as much as you can.

Boat
1. Sit tall with your legs straight out in front of you.
2. Bend your knees slightly and place the bottoms of your feet on the floor.
3. Lift your arms out in front of you at shoulder height.
4. Slowly lean back and lift your feet off the floor to balance on your bottom.

Dreamer
1. Lie down on your back with your legs separated slightly.
2. Relax your arms on the floor near your sides.
3. Open your palms up toward the ceiling.
4. Close your eyes and relax.

Flutterfly
1. Sit tall with your legs straight out in front of you.
2. Bend your knees and place your feet on the floor.
3. Drop your knees to the sides and place the bottoms of your feet together.
4. Slide your feet in closer to you.
5. Keep your back straight as you lift your knees up two to three inches and lower them back down.
6. Continue to flutter your knees up and down slowly.

Clamshell
1. Sit tall with your legs straight out in front of you.
2. Stretch your hands toward the ceiling.
3. Bend forward at your hips.
4. Stretch your hands toward your feet. If you can, touch or hold your feet/toes.

Bridge
1. Lie down on your back with your arms at your sides.
2. Bend your knees up and place your feet on the floor.
3. Keep your arms at your sides on the floor.
4. Push your hips toward the ceiling.
Caution: Child should keep shoulders on floor to decrease pressure on neck.
**Tree**
1. Stand straight and tall with your feet together.
2. Place your hands on your hips.
3. Lift your right foot and rest it just above your ankle.
4. Turn your knee out to the side.
5. Repeat the directions, lifting your left foot up.

*Caution: Do not let child rest foot directly over ankle or knee joint.*

**Jet Plane**
1. Lie down on your belly with your arms at your sides.
2. Tighten your back and lift your head and shoulders off the floor.
3. Lift your legs off the floor, keeping your knees straight.

**Gate**
1. Start on your hands and knees.
2. Push up into kneeling and move your left leg out to the side.
3. Straighten your left leg and point your toes toward the ceiling.
4. Stretch your right arm up and keep it beside your ear. Place your left hand on your left thigh.
5. Slide your left hand down to your shin or ankle as you bend to the left.
6. Repeat the directions, moving your right leg out to the side and stretching your left arm up.

**Surfer**
1. Stand tall with your feet together.
2. Take a big step backward with your left foot.
3. Turn the toes of your left foot out to the side.
4. Lift your arms to shoulder height. Stretch your right arm forward over your right leg and your left arm backward over your left leg.
5. Bend your right leg until your knee is directly over your ankle.
6. Repeat the directions, stepping backward with your right foot and stretching your left arm forward and right arm back.

*Caution: Have child keep knee above or behind the ankle.*

**Triangle**
1. Stand tall with your feet together.
2. Take a big step to the side with your right foot.
3. Lift your arms out to the sides at shoulder height.
4. Bend at your waist to the left side and place your left hand above your knee. If you can, slide your hand down to just above your ankle.
5. Stretch your right hand toward the ceiling.
6. Repeat the directions, bending to the right side and placing your right hand above your ankle.

*Caution: Do not let the child rest hand directly over knee.*

**Cat**
1. Start on your hands and knees. Position your hands with fingers pointing forward.
2. Push your hands and knees into the floor.
3. Arch your back toward the ceiling, rounding it up as high as you can.
4. Lower your head toward the floor.

**Cricket**
1. Start on your hands and knees.
2. Curl your toes under.
3. Push yourself back with your arms to squat over your feet.
4. Place your elbows on the inside of each knee, and stretch your back and head toward the ceiling.