

Q

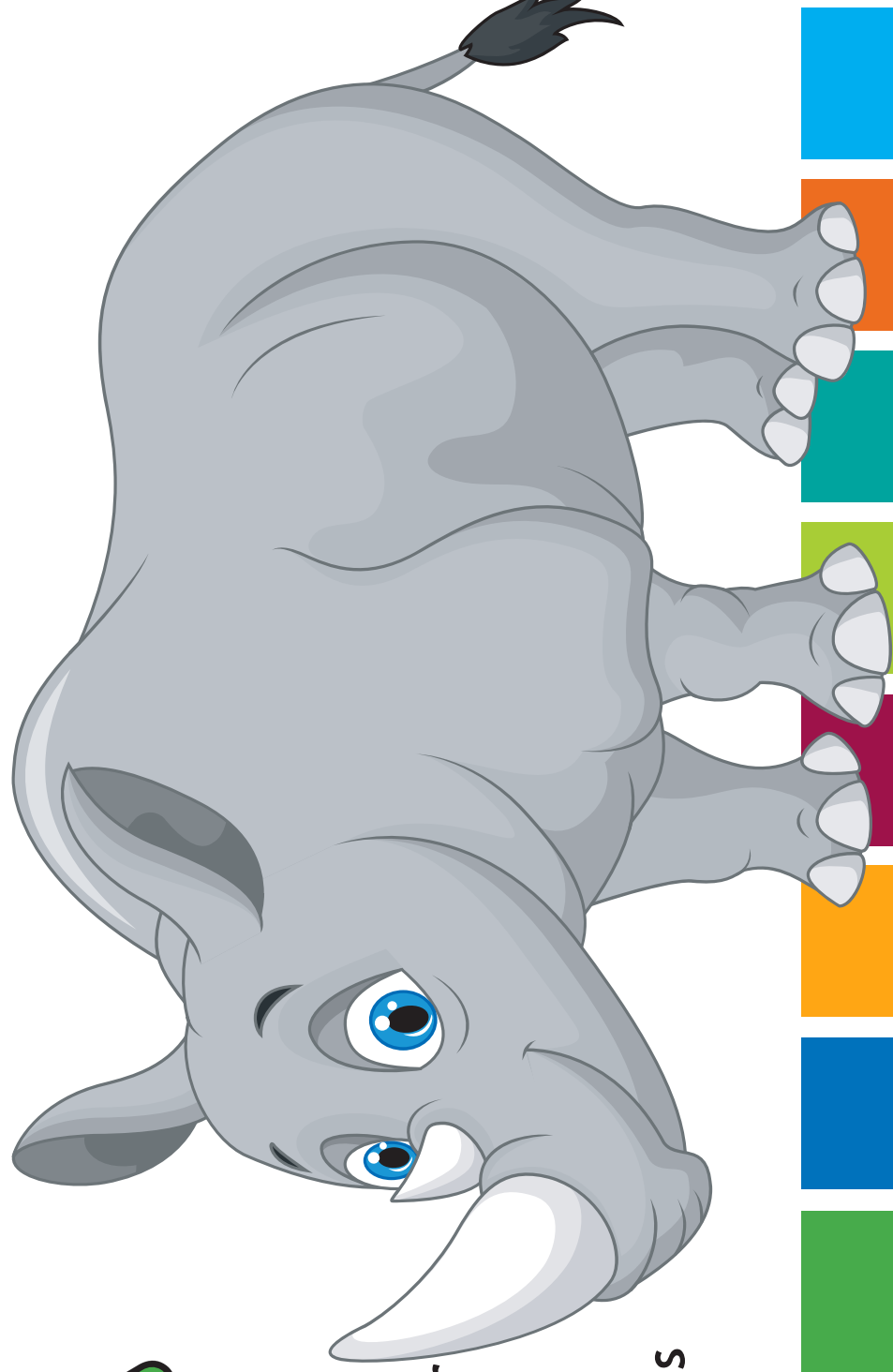
QUAIL

- ACTIVITIES**
- Quick feet for 10 seconds
 - Run quick like a quail around the room 2 times



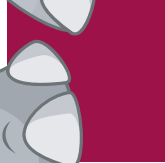
R

RHINO

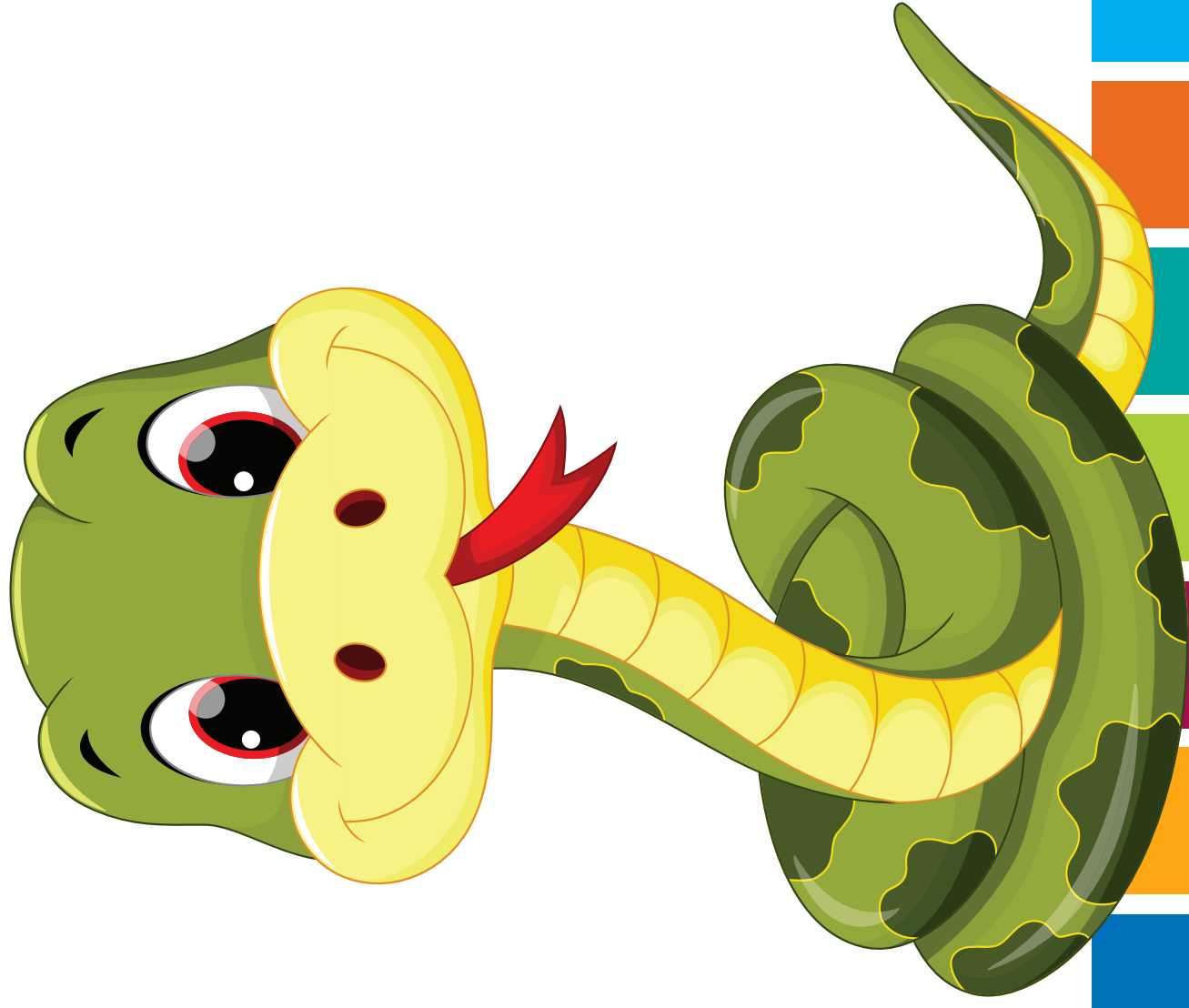


ACTIVITIES

- Run on the spot for 10 seconds
- Romp around like a rhino for 10 seconds



S SNAKE



ACTIVITIES

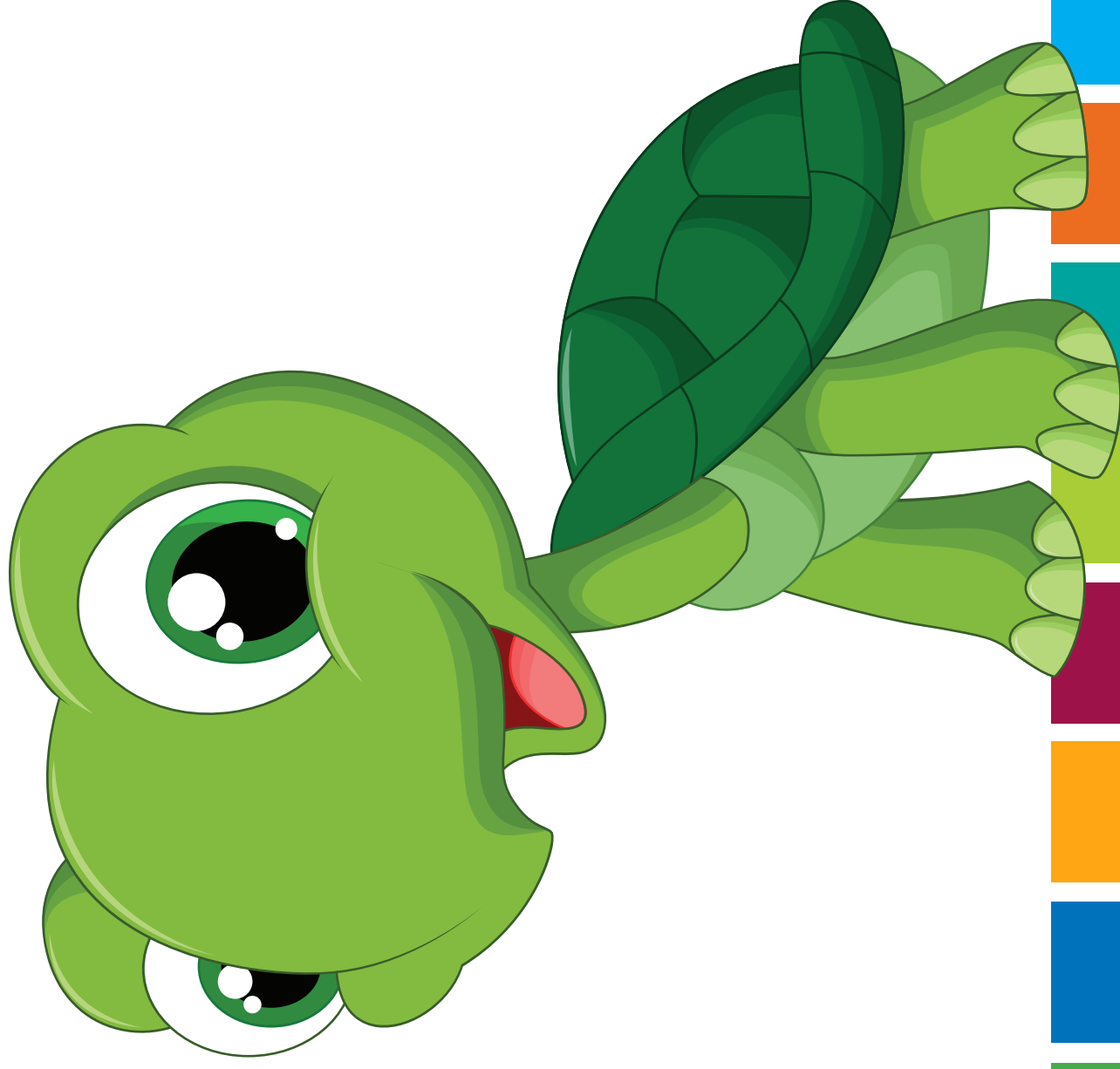
- Squats: slow and controlled 10 times
- Slither around on the floor like a snake for 10 seconds



T

TURTLE

- ACTIVITIES**
- Twist your upper body while walking around the room
 - Turtle Pose: sit down with knees bent, lower your head down to the ground and hold for 20 seconds



U

UNICORN



ACTIVITIES

- You stretch it! Reach up high for 10 seconds then reach down to the floor for 10 seconds
- Trot around like a unicorn for 10 seconds

