

KIDS 7 MINUTE  
EXERCISE FOR BETTER  
*Self-Regulation*

Set an interval timer for 45 seconds of work & 15 seconds of rest and complete each animal movement.

Do as many as you can!

FROG HOPS  
BEAR WALK  
GORILLA SHUFFLE  
STARFISH JUMPS  
CHEETAH RUN  
CRAB CRAWLS  
ELEPHANT STOMPS



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