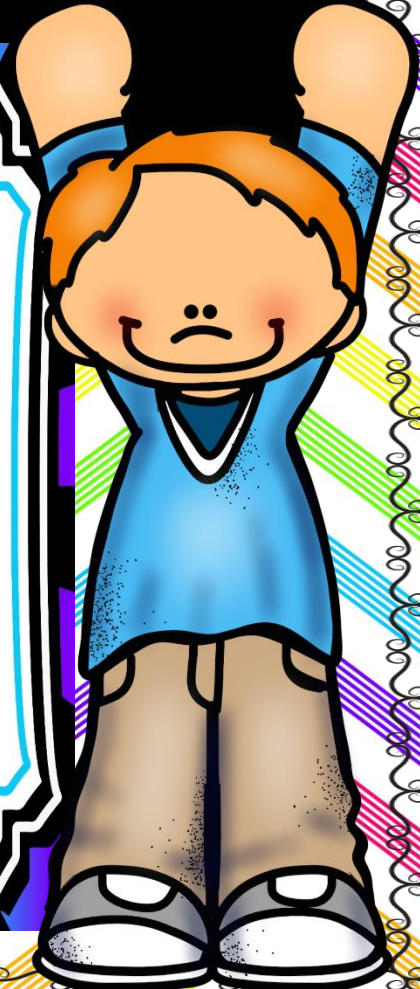
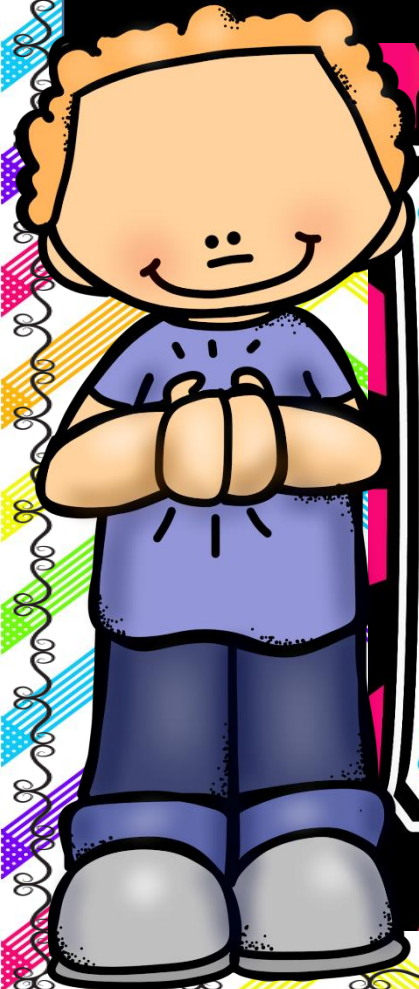


Moving Motions

Use for Brain Breaks, Motion Counting, Circle Time and More!





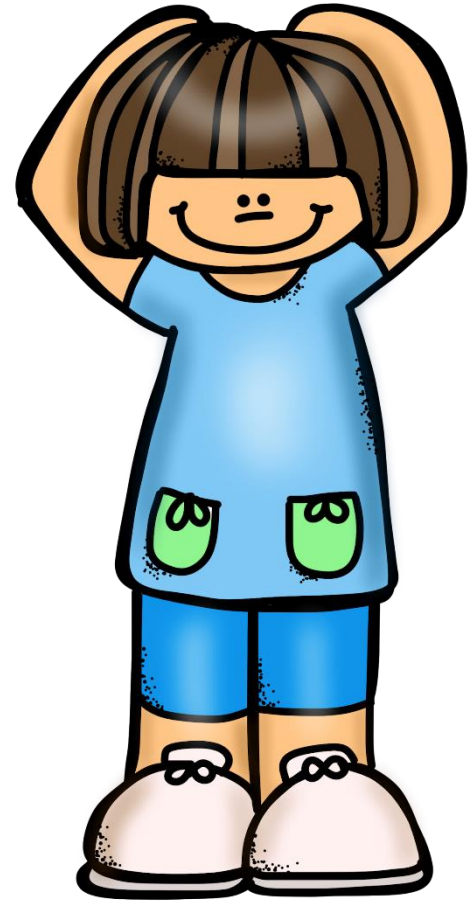
Clap your hands!



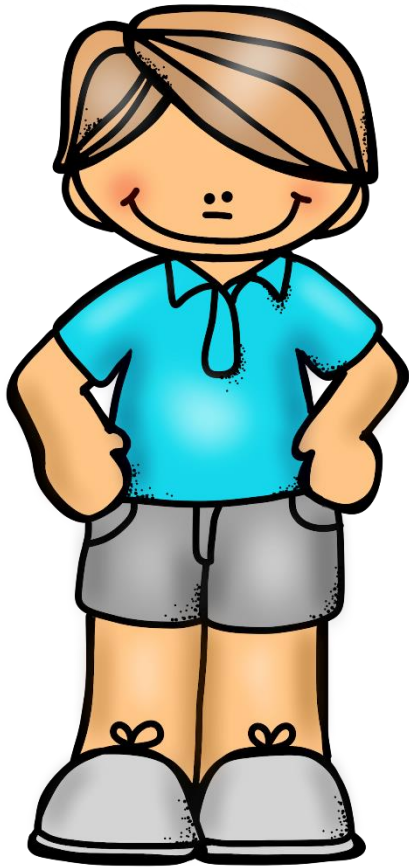
Cross your
arms!



Hands in the air!



Hands on your
head!



Hands on your
hips!



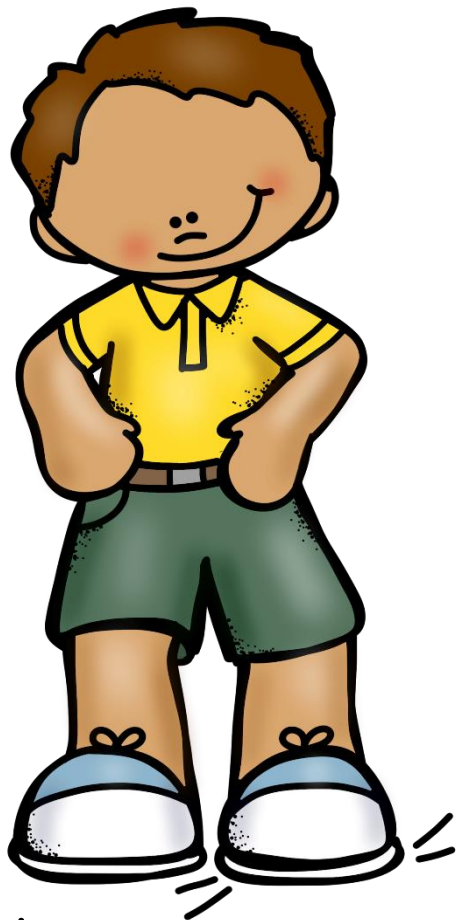
Hop one time!



Cross your
elbows!



Jump one time!



Stomp your
feet!



Sway your
arms!



Touch your toes!



Hands on your
knees!



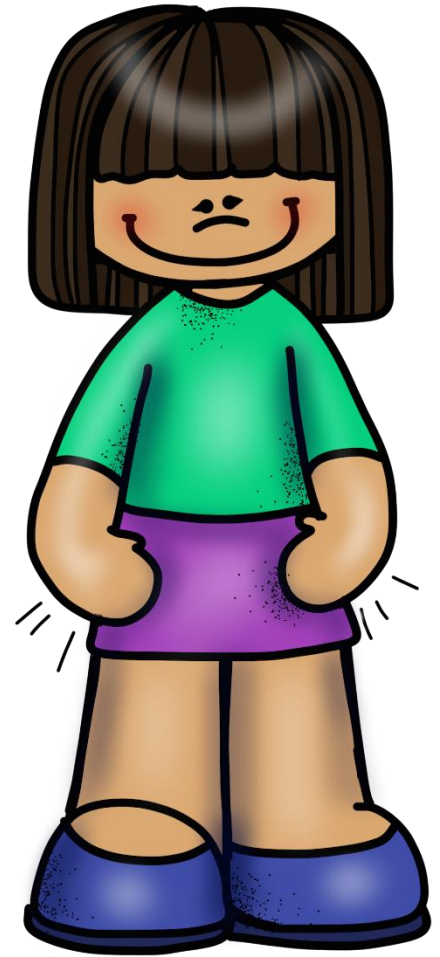
Hands up high!



Kick one time!



March in place!



pat your lap!



Spin around!



Tap your toes!



Touch your
shoulders!



Stand on one
foot!

Moving Motions

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