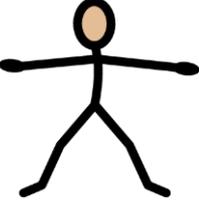


Animal Stretches

1		<p>Giraffe Stretch</p> <p>Stretch your arms up high above your head. Hold for 10 seconds, repeat 5 times.</p>
2		<p>Elephant Stretch</p> <p>Stretch your arms far out to the side of our body. Hold for 10 seconds, repeat 5 times.</p>
3		<p>Zebra Stretch</p> <p>Stretch your arms up low down, try to touch your toes. Hold for 10 seconds, repeat 5 times.</p>
4		<p>Side Bend</p> <p>Bend your body to the side and try to touch the ground. Hold for 10 seconds, repeat 5 times.</p>
5		<p>Superman</p> <p>Lie on your tummy. Lift up your arms and legs off the ground. Hold for 10-30 seconds.</p>
6		<p>Popcorn</p> <p>Lie on your back. Bend your legs and arms to make yourself really small. Hold for 10-30 seconds. "Pop!" Stretch out wide!</p>
7		<p>Butterfly Kicks</p> <p>Lie on your back. Lift your legs off the ground and kick them up and down. Do this for 30-60 seconds.</p>