

# Stretch!

Z  
Y  
X  
W  
V  
U  
T  
S  
R  
Q  
P  
O  
N  
M  
L  
K  
J  
I  
H  
G  
F  
E  
D  
C  
B  
A

Apple (Jump)  
White Crayon  
Star: Take a deep breath

Red Crayon  
Blue Crayon  
Star: 5 Jumping Jacks

Pink Crayon  
Green Crayon  
Star: Hop on one foot  
Black Crayon

Orange Crayon  
Brown Crayon  
Purple Crayon  
Star: Touch your toes

Yellow Crayon  
Star: Reach for the sky  
10  
Ice cream cone  
9  
Paintbrush

7  
8  
6  
5  
4  
3  
2

1  
Skip  
Paintbrush

# Let's Have FUN!