

Finish

Calming Stop



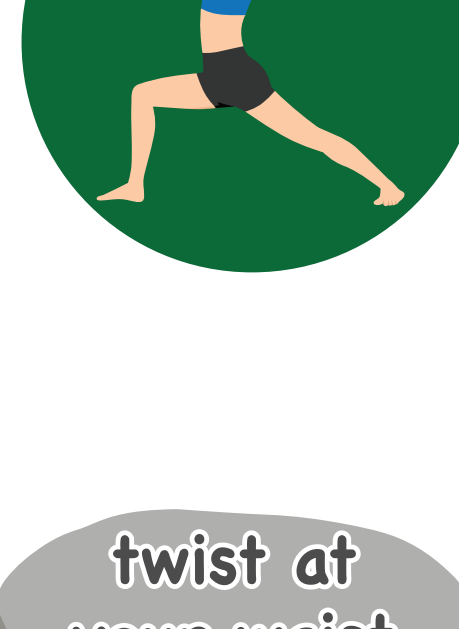
I am kind.



I am important.



I am smart.



I am amazing.



twist at your waist

neck roll

stretch on your toes

breathe deep

touch your toes

right foot

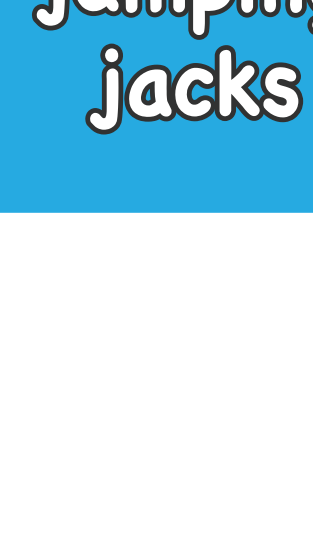
right foot

right foot

right foot

right foot

10 wall push-ups



10 jumping jacks

left foot

left foot

left foot

left foot

left foot

10 side lunges



10 squats

left foot

right foot

left foot

right foot

left foot

Start