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If you have any questions, please email me at angela@teachingmama.org

Clip art credit:



Aa



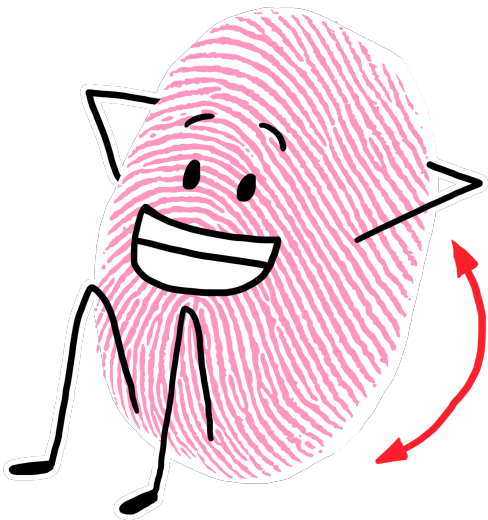
air squats

Bb



bear crawl

Cc



crunches

Dd



dance

Ee



elbow stretch

Ff



flex your muscles

Gg



gallop

Hh



hop in place

Ii



inch worms

Jj



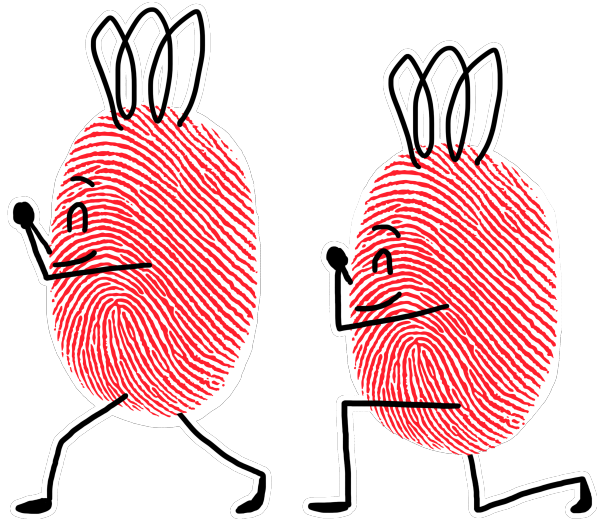
jumping jacks

Kk



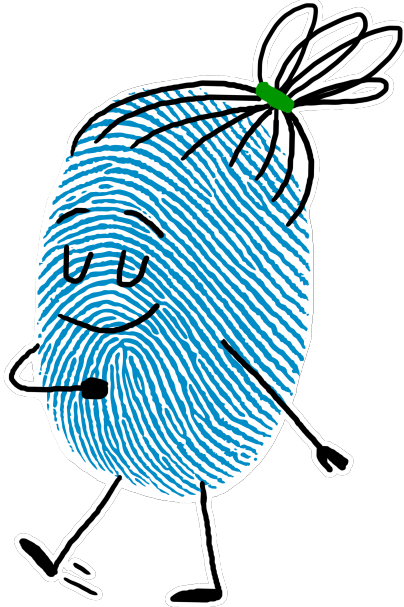
high knees

Ll



lunges

Mm



march

Nn



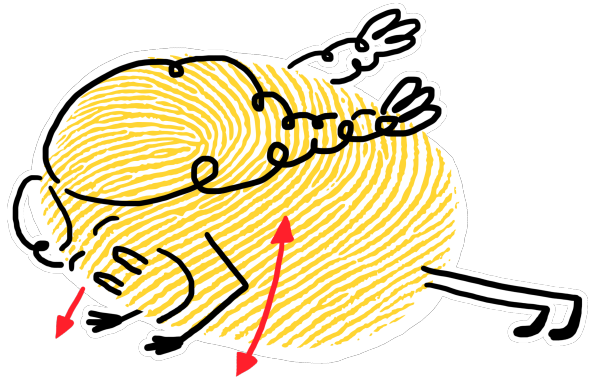
neck stretch

Oo



hip circle O's

Pp



push up

Qq



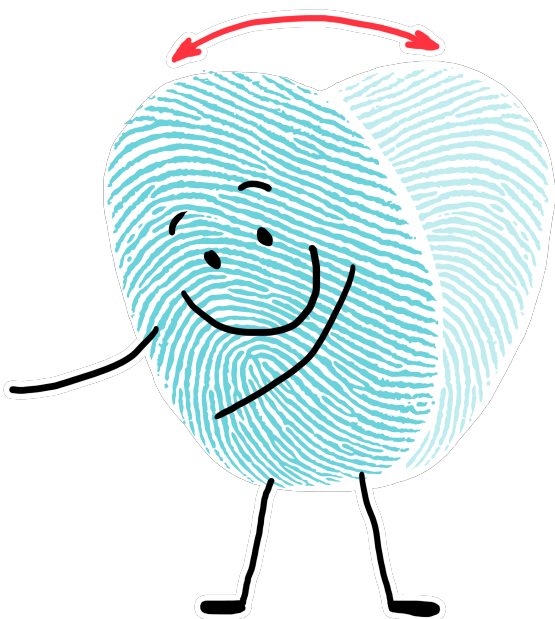
quick turn

Rr



run in place

Ss



sway

Tt



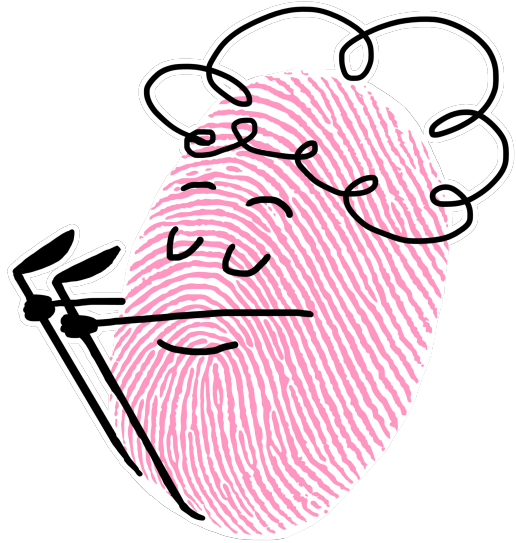
tip toe walk

Uu



upside down stretch

Vv



v-sit

Ww



wiggle

Xx



extend arms

Yy



yoga poses

Zz



zig zag run