

# THE ROCKETSHIP



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RAISE BOTH ARMS

ABOVE YOUR HEAD

AS HIGH AS YOU CAN



STAND ON ONE LEG

3, 2, 1

BLASTOFF ROCKET MAN!

# The FLUTTERBY



# the FLUTTERBY

The background of the page is a vibrant, cartoon-style illustration. It features rolling green hills under a light blue sky. In the foreground, there's a field of purple flowers. Several trees are scattered throughout the landscape, some with green foliage and others with orange or yellow leaves, suggesting an autumn setting. The entire scene is framed by a thick purple border.

Cute little FLUTTERBY

have a seat

STRETCH YOUR WINGS

and HOLD YOUR FEET

FLAP those WINGS and

FLY, FLY, FLY!



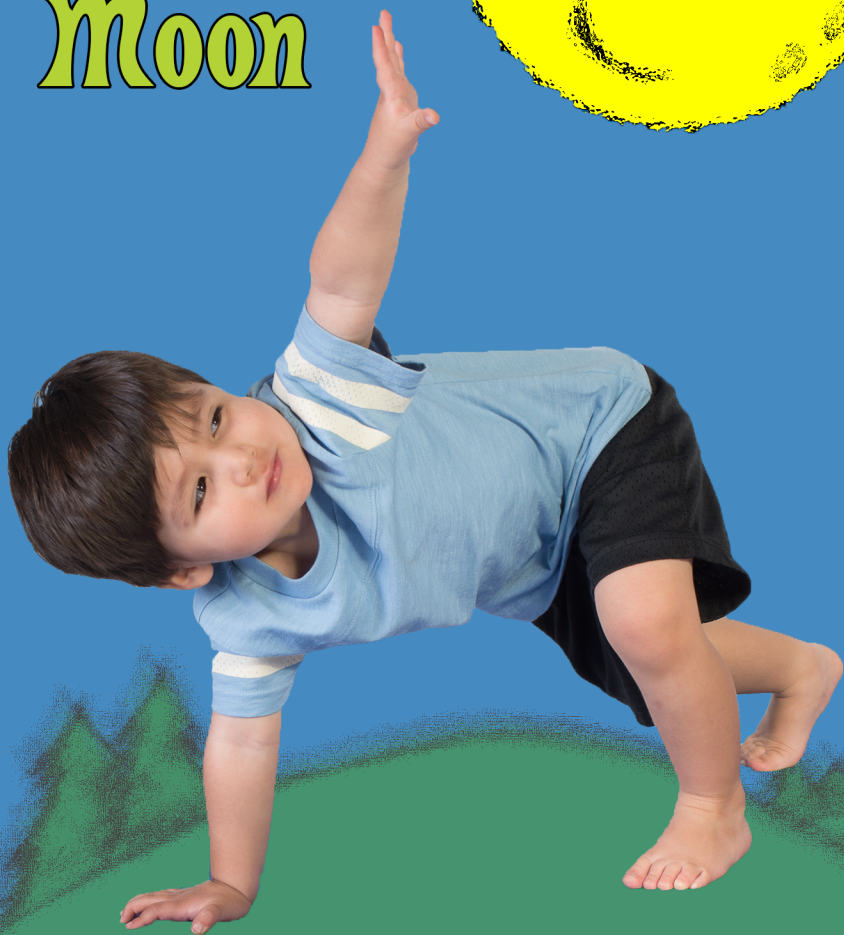
# PUPPY PALS





**BEND DOWN  
TO GET THAT BONE  
STRETCH YOUR BACK  
IN THIS PUPPY POSE**

# Reach FOR the Moon





**One FOOT FORWARD**

  
**One FOOT BACK**

**One HAND DOWN**

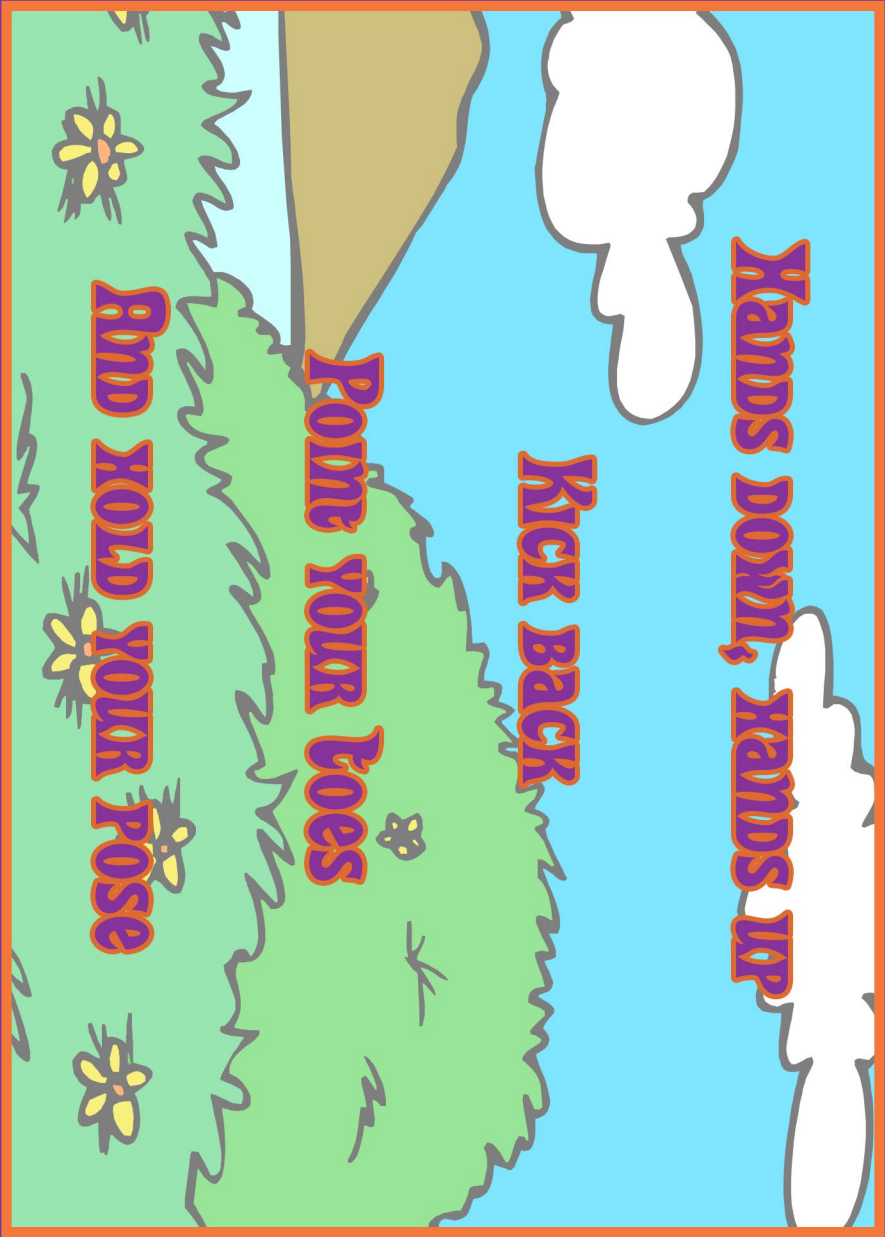
**STRETCH AROUND**





# Baby Warrior





**Hands DOWN, Hands UP**

**KICK BACK**

**Point your toes**

**And HOLD YOUR POSE**

# Leap Frog



A vibrant, cartoon-style illustration of a pond. In the foreground, there are green lily pads and a dragonfly with green wings and a brown body. To the left, there are tall green reeds with brown seed heads. The water is light blue, and the background shows a soft yellow and orange sky with distant mountains.

**Squat on YOUR  
toes**

**HANDS ON THE  
FLOOR  
HOP, RIBBIT  
HOP, RIBBIT  
Can YOU DO IT  
Once more?**



# THE BIRD





**SPREAD YOUR WINGS  
AND FLY**

**TWEET, TWEET**

**LOOK AT YOU**

**SPREAD YOUR WINGS**

**AND FLY**

# THE STARFISH





**TWINKLE TWINKLE  
LITTLE STAR**

**SPREAD YOUR ARMS**


**AND LEGS**

**OUT FAR**



LION'S  
ROAR

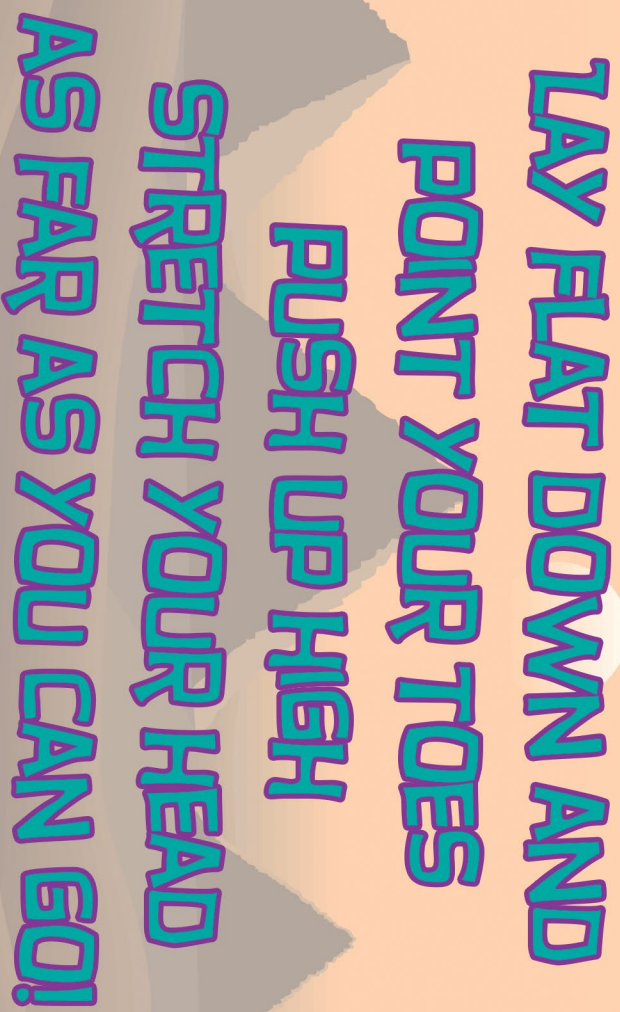




LEGS DOWN FLAT  
ARMS PUSHED UP  
HEAD HELD HIGH  
SHOUT YOUR  
LION'S ROAR

# STRETCHY COBRA





LAY FLAT DOWN AND  
POINT YOUR TOES  
PUSH UP HIGH  
STRETCH YOUR HEAD  
AS FAR AS YOU CAN GO!



# PRETZEL POSE



**ARMS IN A CIRCLE**

**LEGS IN A TWIST**

**YOU WILL LOOK  
LIKE A PRETZEL**

**IF YOU  
CAN DO THIS**



# TOUCH YOUR TOES





**SIT UP STRAIGHT**

**AND TOUCH YOUR TOES**

**ARE YOU BIG ENOUGH**

**TO FIND YOUR NOSE?**

# Baby Crawl







**Baby on the move  
On your hands and knees  
Movin' and groovin'  
See if you can catch me!**

# The Thinking Seat



**SIT REALLY STILL AND  
THINK REALLY DEEP**

**LISTEN TO THE SOUNDS  
OF YOUR HEART BEAT**

# BOY & ARROW





**GRAB YOUR ankles**

**LIKE A BOY**

**Let YOUR ARROW**

**GO, GO, GO!**



# Straddle





**Down on the Floor  
Legs Spread Wide  
Bend Forward and  
Smile curie Pie!**



BUG



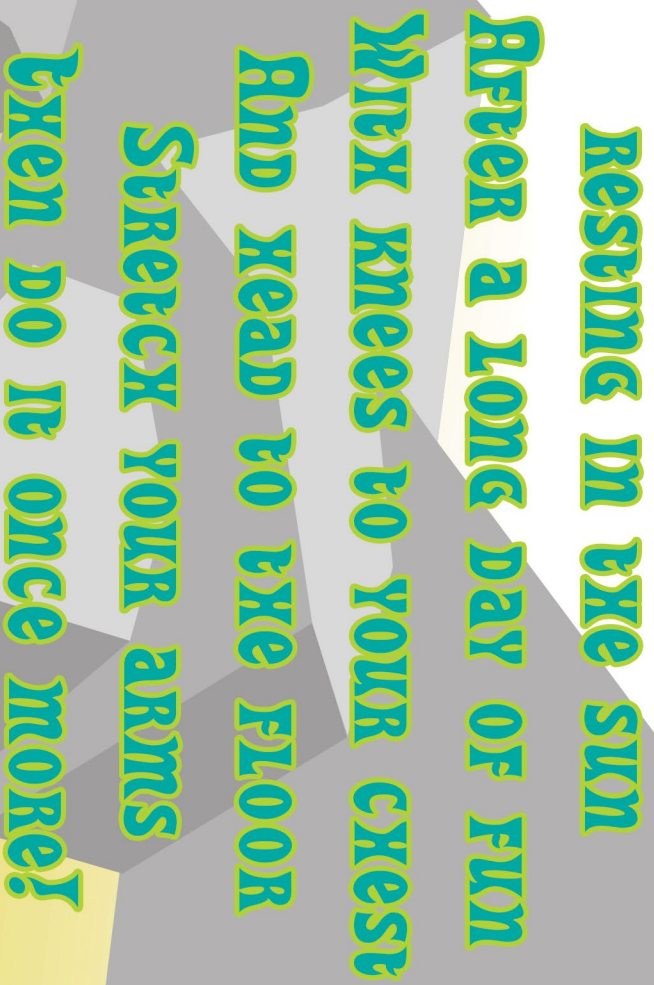
**Raise your antennae  
And look around  
While sitting  
On the ground**



# ROCK





A stylized sun with a yellow center and grey rays is positioned in the background. The entire scene is framed by a thick blue border.

**Resting in the sun  
After a long day of fun  
Shix knees to your chest  
And head to the floor  
Stretch your arms  
Then do it once more!**

# Serenity



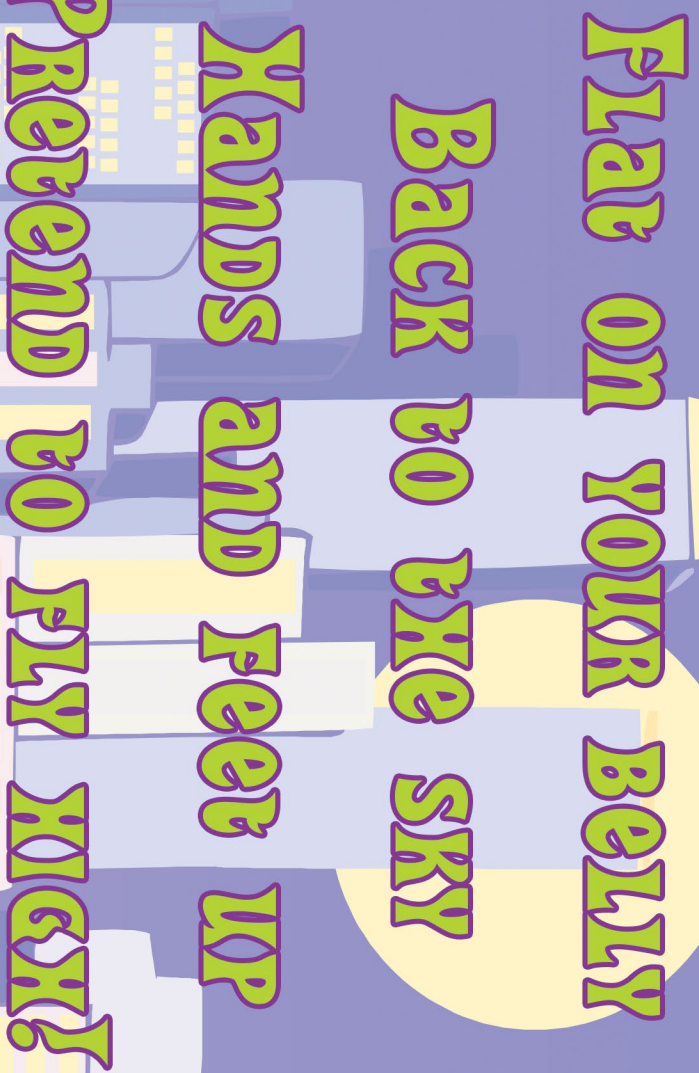


**HANDS TOGETHER  
UNDER YOUR CHIN  
LET THIS QUIET  
STRETCH BEGIN**

**CROSS YOUR LEGS  
BREATHE IN DEEP  
CLOSE YOUR EYES  
AND FALL ASLEEP**

# SUPERHERO





Flat on your belly  
Back to the sky  
Hands and feet up  
Pretend to fly high!