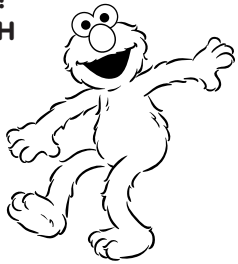
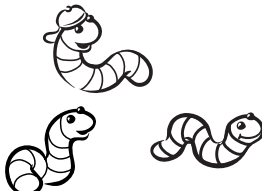
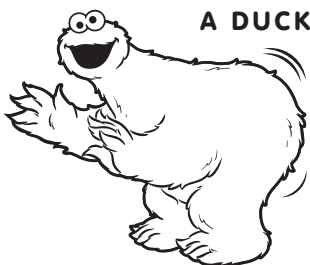

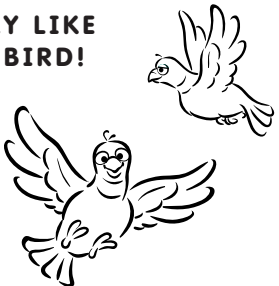












Move It Out!

Physical movement and exercise can be great ways to care for yourself while caring for your children. Try this movement game with the whole family. Point anywhere on this page (to make it a surprise, close your eyes). Together, try the movement you choose.

<p>JUMP! TOUCH YOUR TOES!</p> 	 <p>WIGGLE LIKE SLIMEY!</p>	<p>WADDLE LIKE A DUCK!</p> 	<p>DO A SILLY MONKEY DANCE!</p> 
<p>FLY LIKE A BIRD!</p> 	 <p>STOMP! STOMP! STOMP!</p>	 <p>JUMP UP! TWIRL AROUND!</p>	 <p>SHAKE, SHAKE, SHAKE YOUR SILLIES OUT!</p>
 <p>PRETEND TO PLAY YOUR FAVORITE SPORT!</p>	 <p>DO FIVE FROG LEAPS!</p>	<p>DANCE FAST!</p> 	<p>HOP LIKE A BUNNY!</p> 
 <p>DANCE LIKE JUMPING BEANS!</p>	 <p>KICK YOUR LEGS!</p>	 <p>STRETCH UP HIGH... TRY TO TOUCH THE SKY!</p>	<p>CLOSE YOUR EYES AND TAKE FIVE DEEP BREATHS.</p> 