**1. Commencing Form**

**-Start with palms on thighs, Reach arms slowly up and down, with palms facing out, like you’re smearing paint on a wall as you come down)**

**2. Press Arms/palms back as you breathe in, breathe out as you reach hands to cover eyes (peek-a-boo)**

**3. Arm Circle (reach arms out with palms facing up, all the way up and Press Down as you exhale**

**4. Broadening ones chest-making a movement like “I don’t know.”**

**5. Dancing with Rainbows- Reaching arms across the sky in the same direction, inhale one way, exhale as you reach the other way, follow the rainbow with eyes**

**6. Circling Arms- start with palms facing down on thighs, turn palms up and cross hands/arms as you reach up in a circle, exhale back to resting palms on thighs**

**7. Twisting Waist, Swinging Arms- arms bent, Palms are facing up, upper arms close by sides, reach one arm back at a time, circle back around.**

**8. Rowing Boat- Same as above but reach both arms together**

**9. Holding a Ball- pretend ball at each knee, grab ‘ball’ and drag across to opposite shoulder, exhale as you set ball back at knee.**

**10. Carrying the Moon-Holding the moon in your lap with both hands, reach up and to the left as you breathe in, exhale as you return moon to your lap, reach up and to the right as you breath in, exhale as you return moon to your lap**

**11. Twisting Waist, Pushing Arm- Arms are bent, palms are facing up, take right palm and push it toward the left as you inhale, exhale as you return it. Take your left palm and push it toward the right as you inhale, exhale as you return it**

**12. Playing with Clouds-Right hand on top of cloud, left hand underneath, twist to the left, inhaling, bring that left hand on top as you come around to the front, exhaling…twist to the right as you inhale (left hand on top), bring right hand on top as you come around to the front, exhaling.**

**13. Scooping from the Sea- Rest ball of right heel on the floor or foot pedal with your toes pointing up, inhale as you lean forward to “scoop” water as you press your toes to the ground, exhale as you bring that water up to your head and pull toes toward you at same time. Do same foot 5 times, rest, then switch to other foot.**

**14. Playing with Waves-****Rest ball of right heel on floor or foot pedal with toes pointing up, bring palms facing out entire time, as wave goes out, we go out with it, leaning forward, inhaling as we press toes down, exhale as wave pushes us back up and pull toes with you.** **Do same foot 5 times, rest and then switch to other foot.**

**15. Spreading Wings- Rest ball of right heel on floor or foot pedal with toes pointing up, open arms up like wings, inhale as we lean forward, fold wings in as we press toes to the ground, open wings as you exhale up, pulling toes with you. Do same foot 5 times, rest and then switch to other foot.**

**16. Punching-Make your hands into fists with palms facing up, inhale your right fist out and slowly exhale it back. Do same with left fist. Repeat 4-5 times.**

**17. Flying Like a Wild Goose-Wings come up as our heels come up, inhaling up, exhaling down.**

**18. Spinning Wheel-Reach arms in the same direction, inhaling up and circle around, exhaling as you come down, 5 times each direction.**

**19. Bouncing Ball-Hand comes up, ball comes up, opposite knee comes up, inhaling up and exhaling down. Switch to other hand. Repeat 5-6 times.**

**20. Pressing the Palms-Press your hands up, palms facing up and you reach up, inhaling, press palms down, exhaling as you press your hands down to lap, Fingertips facing each other**