
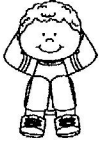












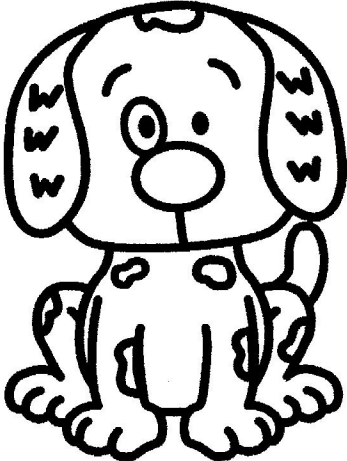




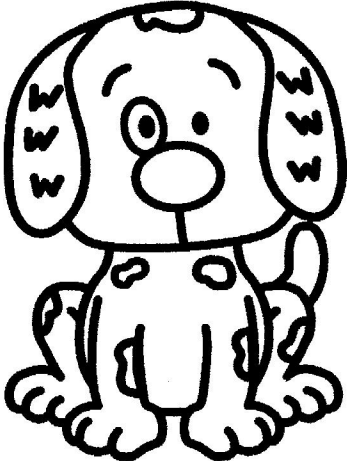






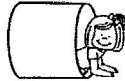








# Pip the Pup Takes Brain Breaks

<p>Let's move! Jump up and down 10 times.</p> 	<p>Let's move! Do 5 sit-ups.</p> 	<p>Let's move! Bounce a ball for 20 seconds.</p> 	<p>Let's move! Do 20 side lunges.</p> 	<p>Let's move! Do 5 push-ups.</p> 	<p>Let's move! Run in place for 30 seconds.</p> 
<p>Let's move! Hop on 1 foot 10 times.</p> 	<p>Let's move! Go on a quick walk.</p> 	<p>Let's move! Do 20 side to side twists.</p> 	<p>Let's move! Do 20 arm circles.</p> 	<p>Let's move! Do 15 sit-down squats.</p> 	<p>Let's move! Do 5 toe touches.</p> 
<p>Let's move! March in place for 30 seconds.</p> 	<p>Let's move! Do 10 jumping-jacks.</p> 	<p>Let's Move!</p> 		<p>Let's move! Run in place for 20 seconds.</p> 	<p>Let's move! Do 15 side lunges.</p> 
<p>Let's move! Do 10 push-ups.</p> 	<p>Let's move! Bounce a ball for 30 seconds.</p> 			<p>Let's move! Do 10 sit-ups.</p> 	<p>Let's move! Ride on a scooter or bike.</p> 
<p>Let's move! Do 10 sit-down squats.</p> 	<p>Let's move! Do 10 arm circles.</p> 	<p>Let's move! Sing and dance to a favorite song.</p> 	<p>Let's move! Hop on 1 foot 15 times.</p> 	<p>Let's move! Find something to crawl on or through.</p> 	<p>Let's move! Jump up and down 20 times.</p> 
<p>Let's move! Do 20 jumping-jacks.</p> 	<p>Let's move! Find a puddle to jump in.</p> 	<p>Let's move! Do 10 side to side twists.</p> 	<p>Let's move! Do 10 toe touches.</p> 	<p>Let's move! March in place for 60 seconds.</p> 	<p>Let's move! Pretend you are a superhero.</p> 