

Choose Health LA Child Care

A healthy life starts with you



STRETCH POSE



ACTIVITY CARDS

THE ROCKETSHIP



RAISE BOTH ARMS

ABOVE YOUR HEAD

AS HIGH AS YOU CAN



STAND ON ONE LEG

3, 2, 1

BLASTOFF ROCKET MAN!

The FLUTTERBY





Cute little Flutterby

Have a seat

Stretch your wings

and hold your feet

Flap those wings and

FLY, FLY, FLY!

PUPPY PALS

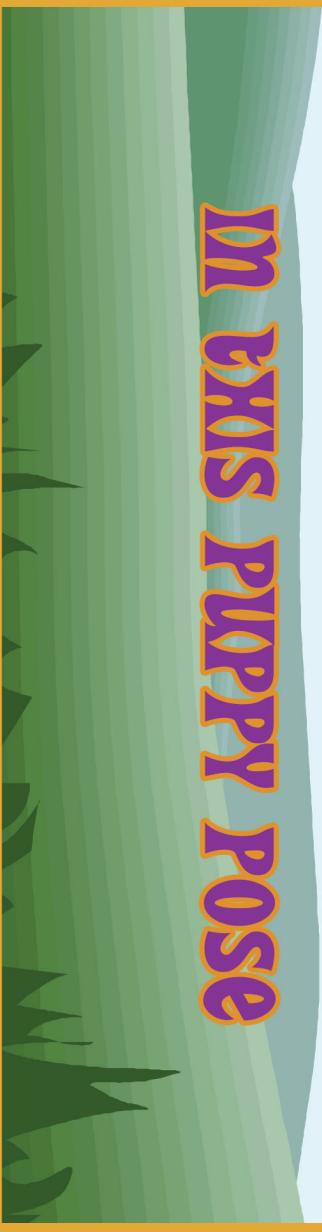


BEND DOWN

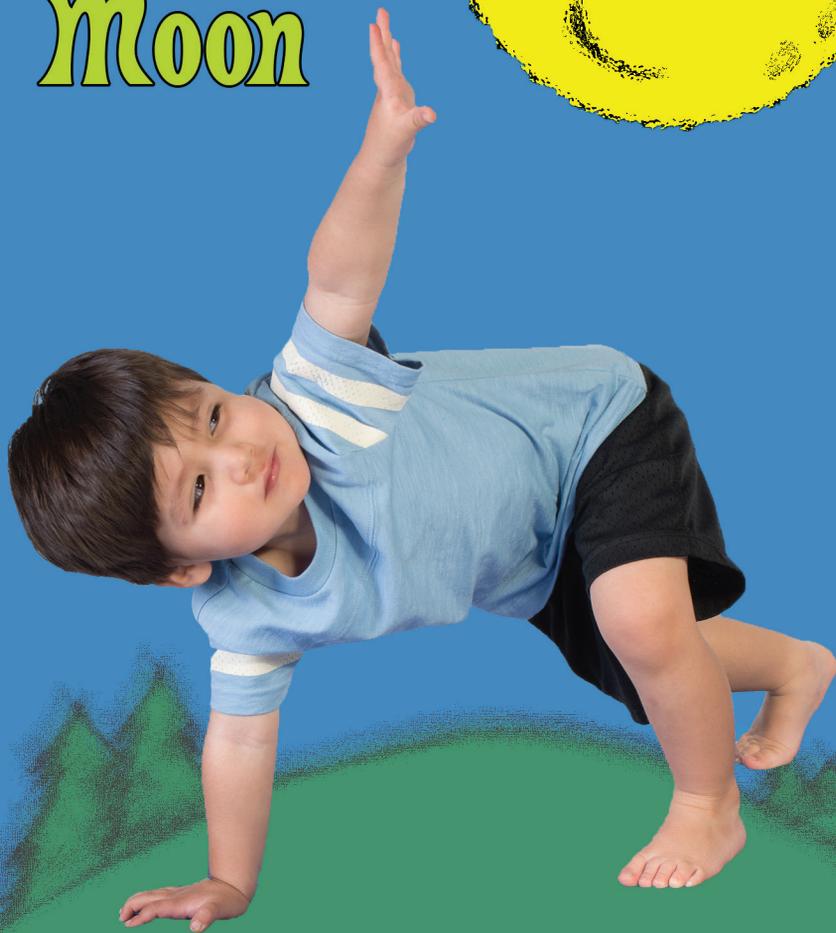
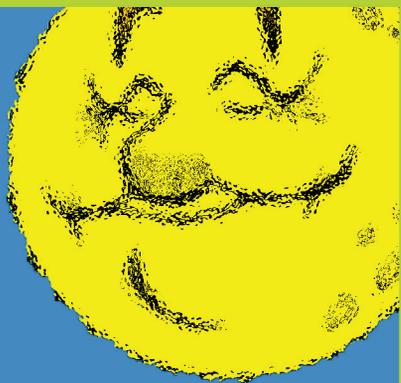
TO GET THAT BONE

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, Feet DOWN

KICK BACK

POUR YOUR FOES

AND HOLD YOUR POSE

Leap Frog



A vibrant illustration of a pond scene. In the foreground, there are several green lily pads floating on the water. To the left, tall green reeds with brown cattail heads stand. A dragonfly with a brown body and transparent wings is perched on a lily pad in the center. The background shows a bright yellow sun setting or rising over a light blue sky with soft white clouds. The entire scene is framed by a teal border.

**Squat on YOUR
TOES**

**HANDS ON THE
FLOOR**

HOP, RIBBIT

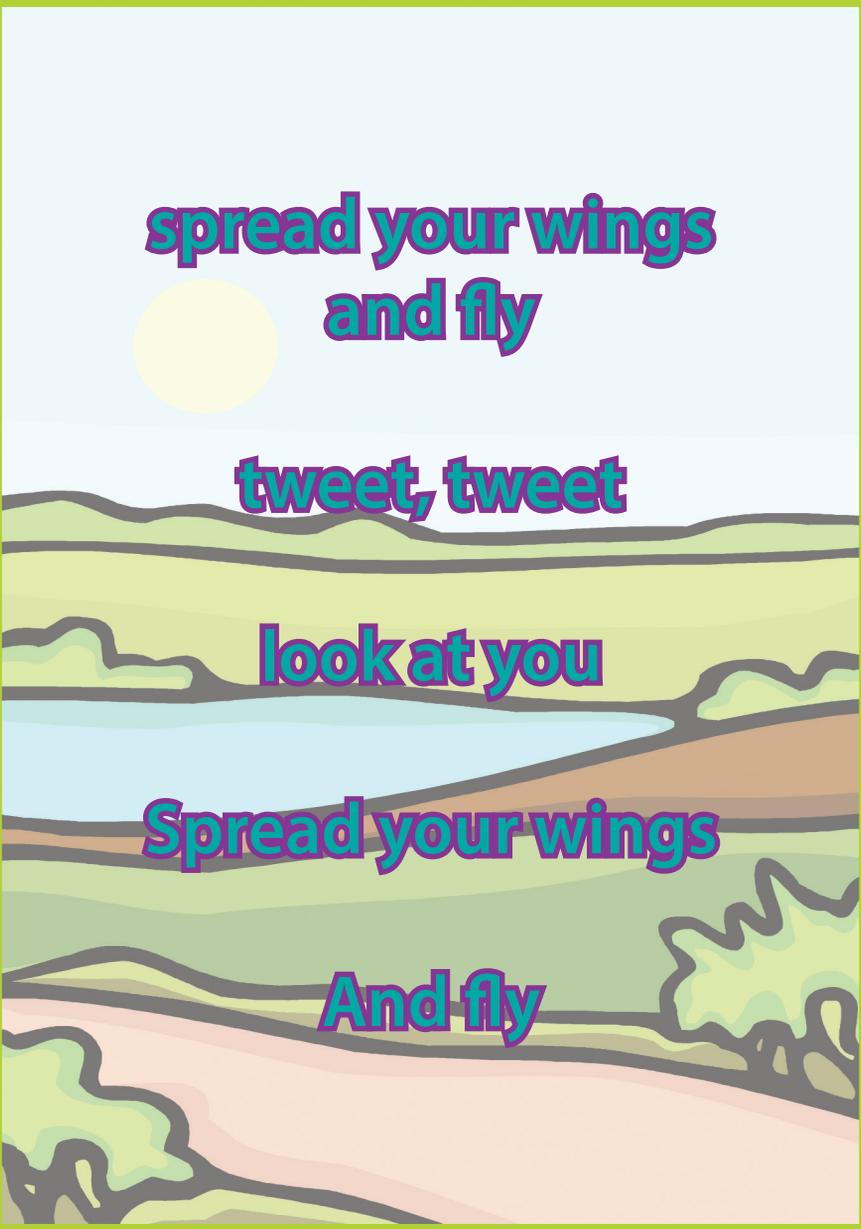
HOP, RIBBIT

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

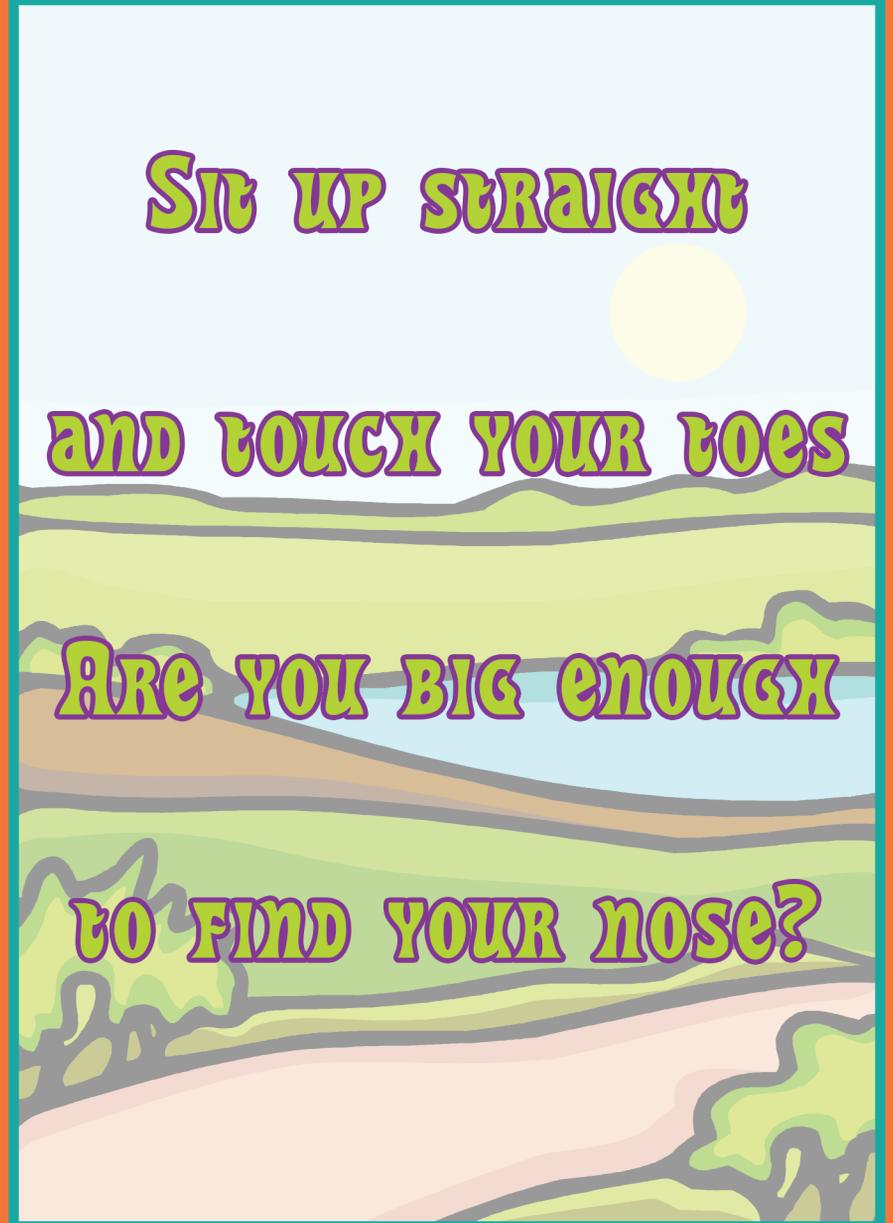
YOU WILL LOOK
LIKE A PRETZEL

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
MOMM' AND GROOYM'
SEE IF YOU CAN CATCH ME!**

The Thinking Seat

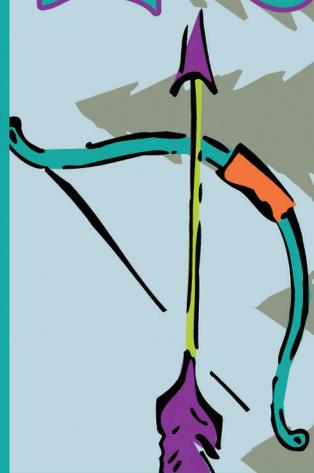


SIT REALLY STILL AND

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 CURVE PIE!

BUG



**RAISE YOUR ANTENNAE
AND LOOK AROUND
WHILE STAYING
ON THE GROUND**



ROCK





**RESTING IN THE SUN
AFTER A LONG DAY OF FUN
MIX KNEES TO YOUR CHEST
AND HEAD TO THE FLOOR
STRETCH YOUR ARMS
WHEN DO IT ONCE MORE!**

Serenity



A stylized landscape illustration with a tree on the left, rolling hills in shades of green and brown, and a blue river winding through the scene. The text is overlaid on this background.

**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

PREVENT TO FLY HIGH!



Choose
Health **LA**
Child Care



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