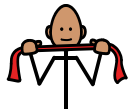


How to get myself ready!

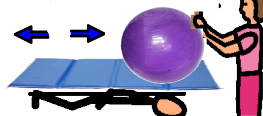
5. Press and release squishy toy
10 times



4. Stretch and Release Band
10 times



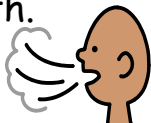
3. Roll ball back and forth.
20 times



2. Stretch to my toes
10 times



1. Take a deep breath.
5 times



Ready to work!!

