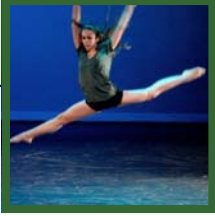


Tutti Fruitti Instant Recess™

Follow along on the CD narrated
by Liana Gergely!

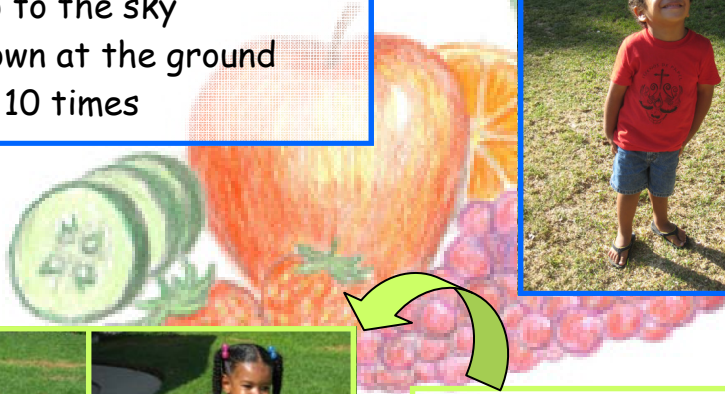


Follow along with Antonio,
Anaya, Hector, and Anais!



YES AND NO STRETCH

- (1) Turn your head to the right
- (2) Turn your head to the left
- (3) Repeat 10 times
- (4) Look up to the sky
- (5) Look down at the ground
- (6) Repeat 10 times



HEALTHY FOOD MARCH

- (1) Bring your left arm and left leg up
- (2) Now bring your right arm and right leg up
- (3) Keep marching!

STRAWBERRY SHAKE

- (1) Hands on hips with elbows out
- (2) Shake to the right
- (3) Shake to the left
- (4) Keep shaking from side to side!



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APPLE ARM STRETCH

- (1) Reach up to the right
- (2) Reach up to the left
- (3) Repeat 10 times

ARM WAVE AND SWIM

- (1) Big wave to the right
- (2) Big wave to the left
- (3) Repeat 10 times



GRAB SOME GRAPES

- (1) Step to the right
- (2) Bring your feet together
- (3) Step to the left
- (4) Bring your feet together
- (5) Step to the right and reach to the right
- (6) Step to the left and reach to the left
- (7) Repeat each side 10 times

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SPINACH STEPPING

- (1) Tap your right foot in front
- (2) Tap your right foot behind
- (3) Now bend your arms up when you tap your foot forward
- (4) Bend your arms down when you tap your foot backward
- (5) Switch to your left foot and repeat each side 10 times



COOL AS A CUCUMBER

- (1) Reach all the way to the sky
- (2) Take a deep breath
- (3) Reach down to toes
- (4) Repeat 10 times

BE A BUTTERFLY

- (1) Sit with your feet touching and knees pointed out
- (2) Take a deep breath and bend forward
- (3) Sit up straight
- (4) Repeat 10 times



STAY HEALTHY WITH FRUITS, VEGETABLES, AND EXERCISE!