

## 7 Minute Self-Regulation

Set a timer and complete each animal movement for **45 seconds**, with 15 seconds of rest in between – Do as many as you can!

### Frog Jumps

Hop, hop, back and forth like a frog



**15 second break!**

### Bear Walk

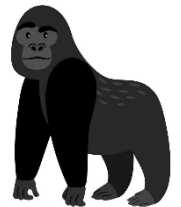
Hands and feet on the floor, high hips – walk left and right



**15 second break!**

### Gorilla Shuffle

Sink into a low Sumo squat, with hands on the floor, shuffle around the room



**15 second break!**

### Starfish Jumps

Star jump as fast as you can, with arms and legs spread wide



**15 second break!**

### Cheetah Run

Run in place as FAST as you can! Just like the fastest animal in the Sahara.



**15 second break!**

### Crab Crawl

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl



**15 second break!**

### Elephant Stomps

March in place, lifting your knees as high as you can and stomping the ground as hard as you can!



**Finish!!**

