



## KANGAROO JUMP

Stand with your legs together.

Bend your knees a little and jump around as high as you can.

# Mindful Movement Hops and Jumps



## FLAMINGO HOP

Stand on your right leg and hop.

Land on your left leg.

Stand on your left leg and hop.

Land on your right leg.



## FROG JUMP

Squat down on the floor.

Jump along the floor.