

MARCHING FEET



Sit up tall with your feet on the floor,
hands by your sides and lift one leg up.
Place leg back on the floor, repeat.

The background is a solid green color with a repeating pattern of white line-art icons for various fruits and vegetables, including bananas, carrots, broccoli, water bottles, mushrooms, and apples. A large, solid green circle is centered on the page, serving as a backdrop for the text.

Crunch&Sip[®]

Mini Movement Moments