

Buddy Names: _____ & _____



Good Morning Song

Directions: Oh no- Kay doesn't know how to **s-t-r-e-t-c-h** at school! Help Fitness Bear teach her how. First, listen to the **Good Morning Song**. Next, read the 7 main steps with your buddy and figure out the correct order. Then write the correct order (#1-7) on the line next to the step. Check that you ordered them correctly!

STEP#

Wave to your neighbor

Hands UP to the sky

Say "Good Morning" to the Teacher

Stand-UP

Hands down to the floor

Touch Toes

S-T-R-E-T-CH real **TALL**

