

# You Movement Mission

Let's see how quietly you can move around the house today!  
The goal is to be as quiet as a spy on a mission!

## 1. Stair Climbs

-walk up and down the stairs 5 times. Hold railing,

## 2. Bedroom Crawl

-crawl through all of the bedrooms in your house 3 times

## 3. Chair Sits

-sit down in a chair. Stand back up. Repeat 10 times.

## 4. Standing Still March

-march on the spot lifting your knees as high as you can, each knee comes up 25 times

**Now let's do some stretches to cool down!**

## 1. Standing Stretch

-reach your hands all the way above you head and hold them up, then bend in half and touch your toes  
-repeat 3 times

## 2. Seated Stretch

-sit with your legs wide apart. Put your arms straight up and then bend over to one side, like I showed you in the video. Repeat on other side. 3 times each side

## 3. Laying Down Stretch

-lay flat on your back and point your toes and stretch your arms above your head. Rest here for a few mins.

**Your Mission is Complete!**

