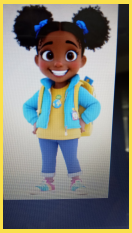
Move with Gigi!

Cut out the cards and play together. Grown-ups read, little ones move!



Wiggle!

Wiggle your fingers, wiggle your toes, wiggle all over - then FREEZE!

Gigi says: You can do it!

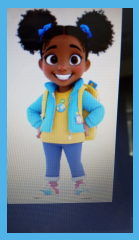
Reach Up High

Stretch up to the sky like you are picking a star.
Reach... reach... and down!

Gigi says: You can do it!

Move with Gigi!

Cut out the cards and play together. Grown-ups read, little ones move!



Jump Like a Frog

Crouch down low and jump three times. One... two... three!

Gigi says: You can do it!

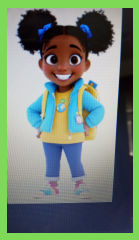
Tiptoe Quietly

Tiptoe across the room like a little mouse. Shhh!

Gigi says: You can do it!

Move with Gigi!

Cut out the cards and play together. Grown-ups read, little ones move!



Spin Like a Top

Spin around slowly one time, then stop and balance like a statue.

Gigi says: You can do it!

Breathe With Me

Breathe in for 4... hold... and breathe out for 4. Again.
So calm.

Gigi says: You can do it!