

• • • Make Your Own • • •



AT-HOME CHECK-UP



STRETCH & SQUASH

First let's check your height.
How tall can you be? How small?



FINGERS & TOES

Wiggle 'em!

SLOW & FAST

Can you feel your heart beating in your chest? Run around for 10 seconds and check it again. How did it change?



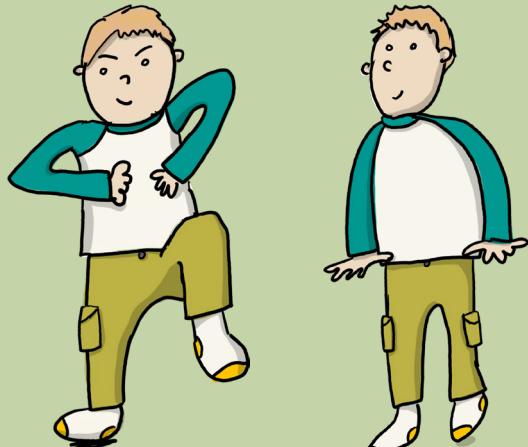
OPEN & SHUT

Open your eyes and mouth as wide as you can, then shut them up tight.
Repeat three times.



LEFT & RIGHT

Balance on your left foot, then balance on your right.



HEAVY & LIGHT

How heavy can you make yourself feel?
Now how light?