MOVE YOUR BODY LIKE A PLANT!

BEFORE WE GET STARTED, FIND A SPACE IN YOUR HOUSE WHERE IT IS SAFE TO MOVE AROUND!

1. Curl up into a ball and hug your legs tight. Pretend to be a seed!
2 Your seed is starting to sprout! Roots and a stem are forming - slowly stand up straight.

Next come the leaves! Put one arm out, and then the other.
Your plant is ready to photosynthesize and sway in the breeze.

If you can, turn towards the sun and gently sway from side to side.

Is that a fruit I see growing on your plant? It is time to harvest!

Do a big jump on the count of three - one, two, three!