

MOVE LIKE AN ASTRONAUT

1

Walk in space:

Pretend you are in space with no gravity

2

Shine like a Star:

Pose like a star, feet spread and arms reaching up

3

Be the Sun:

Stand with your feet together, and arms straight up, looking at the sun

4

Crescent Moon:

Pretend to be the moon by bending your body to the side ever so lightly

5

Shooting Star:

Stand on one foot, kick the other one back and push your arms forward like a star!

6

Asteroid:

Kneel on your knees, and put your arms and head down.