Let’s Get Started
Join us in some games that will get you up and moving all around the house!

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**Starfish Stretch:** Before we get up and moving, we need to stretch. Starfish use each of their 5 arms to reach high and wide. Reach your limbs as high as they will go, then out to the side. Make sure to stretch as far as you can!

**Crab Walk and Roll:** Set up a course in your house to navigate as a crab. Sit on your bottom, put your hands behind you, and lift up. Move arms then have legs follow. See who can complete the course fastest!

*Adaptation:* If you are in a wheelchair or stroller—use your crab hands as you move to collect items. Who can collect the most items with your crab pincers?

**Dolphin Show:** Dolphins love to play in the water. When they see boats they will jump in the air to show off their moves. Work on a routine to show your best moves.

*Adaptation:* Tie ribbons to a stick and twirl them around. Play your favorite songs and drum on pots and pans.

**Baby Shark:** It is time to jam to a crowd favorite! Click the link here, to play baby shark. Follow the movements with your hands.