



FUNKY WARM DOWN

"Let's warm down"
Gently walk on the spot

Softly shake your arm 8 7 6 5 4 3 2 1
Softly shake your other arm 8 7 6 5 4 3 2 1
Softly shake your leg 8 7 6 5 4 3 2 1
Softly shake your other leg 8 7 6 5 4 3 2 1

Gently walk on the spot

Hold your arms up high 8 7 6 5 4 3 2 1
Hold your arms out to the side 8 7 6 5 4 3 2 1
Roll your shoulders forward 8 7 6 5 4 3 2 1
Roll your shoulders backwards 8 7 6 5 4 3 2 1

Gently walk on the spot

Take a big breath in 8 7 6 5 4 3 2 1
Slowly let it out 8 7 6 5 4 3 2 1
Thumbs up
SMILE!

"Hey, well done!"