
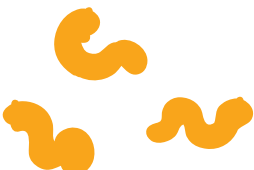
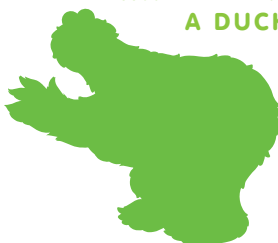

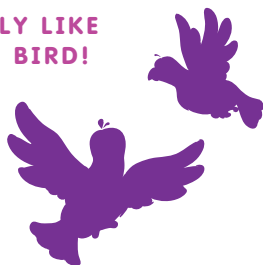















Move It Out!

 Feelings may come and go, but sometimes they want to stick around for just a little bit. When a big feeling is hard to let go, moving your body can help. Point anywhere on this page. Try the movement you choose with your family.

<p>JUMP! TOUCH YOUR TOES!</p>  <p><small>TM/© 2012 SESAME WORKSHOP</small></p>	 <p>WIGGLE LIKE SLIMEY!</p> <p><small>TM/© 2012 SESAME WORKSHOP</small></p>	<p>WADDLE LIKE A DUCK!</p>  <p><small>TM/© 2012 SESAME WORKSHOP</small></p>	<p>DO A SILLY MONKEY DANCE!</p>  <p><small>TM/© 2012 SESAME WORKSHOP</small></p>
<p>FLY LIKE A BIRD!</p>  <p><small>TM/© 2012 SESAME WORKSHOP</small></p>	<p>STOMP! STOMP! STOMP!</p>  <p><small>TM/© 2012 SESAME WORKSHOP</small></p>	<p>JUMP UP! TWIRL AROUND!</p>  <p><small>TM/© 2012 SESAME WORKSHOP</small></p>	 <p>SHAKE, SHAKE, SHAKE YOUR SILLIES OUT!</p> <p><small>TM/© 2012 SESAME WORKSHOP</small></p>
  <p>PRETEND TO PLAY YOUR FAVORITE SPORT!</p> <p><small>TM/© 2012 SESAME WORKSHOP</small></p>	 <p>DO FIVE FROG LEAPS!</p> <p><small>TM/© 2012 SESAME WORKSHOP</small></p>	<p>DANCE FAST!</p>  <p><small>TM/© 2012 SESAME WORKSHOP</small></p>	<p>HOP LIKE A BUNNY!</p>  <p><small>TM/© 2012 SESAME WORKSHOP</small></p>
 <p>DANCE LIKE JUMPING BEANS!</p> <p><small>TM/© 2012 SESAME WORKSHOP</small></p>	<p>KICK YOUR LEGS!</p>  <p><small>TM/© 2012 SESAME WORKSHOP</small></p>	<p>STRETCH UP HIGH... TRY TO TOUCH THE SKY!</p>  <p><small>TM/© 2012 SESAME WORKSHOP</small></p>	<p>CLOSE YOUR EYES AND TAKE FIVE DEEP BREATHS.</p>  <p><small>TM/© 2012 SESAME WORKSHOP</small></p>