

JAWS!

A great activity with the Stretchy Band – or not! Start standing in a circle, facing outward, stretchy band on your tummy. Extend straight arms outward. Open and close shark jaws 3 times, taking one step forward for each bite. Then put palms together and wiggle yourself and your hands back, scooting your feet backward. Repeat! You can also try this facing inward – take a few steps outward before starting.