

Session One

1 second
3 seconds
Take 1 step away
Clap hands softly once
Take 1 step away (back)
Turn head right, say 'hello'
Turn head left, say 'hello'
Raise hands in air
Jog quietly for 5 sec
5 seconds
2 seconds
1 second
3 seconds
Take 1 step away
2 seconds
Take 1 step away
Take 1 step away
Jog quietly 5 sec
Touch chest
Hands out to side
1 step away
1 step back
1 step away
3 seconds
1 second
3 seconds
3 seconds

Session Two

2 seconds
1 step away
1 step away
Clap softly once
Jog 5 sec
2 steps away
1 step back
2 steps away
5 seconds
3 seconds
Wave hands 3 sec
Turn face left
Wave hands to side 3 sec
Turn face right
Pat chest once
3 seconds
2 steps away
2 steps away
2 seconds
1 second
7 seconds
2 seconds
Jog 5 sec
2 steps back
3 seconds
2 seconds
7 seconds

Session Three

3 seconds
5 seconds
1 step away + clap
Wave hands, say 'woo hoo'
Jog 5 sec
3 seconds
Clap twice
7 seconds
1 step away + clap
3 steps away
3 steps away
3 steps away
1 step back + clap
Pat chest twice
2 seconds
1 second
3 steps back
Jog 10 sec
Turn left, say 'hello'
Turn right, say 'hello'
3 steps away waving hands
2 seconds
3 seconds
Face left jog 5 sec
Face right jog 5 sec
3 seconds
10 seconds

Session Four

3 seconds
5 seconds
2 steps away + clap twice
2 steps away + clap twice
7 seconds
Count to 5 aloud
Bend knees 3 sec
Wave hands & count to 5
3 seconds
1 second
4 steps away
2 steps back + clap twice
4 steps away
Turn left count to 5
Jog 10 sec
3 seconds
2 seconds
Walk 1/4 circle left
Turn right count to 5
3 seconds
Touch thighs
Walk 1/4 circle right
Face left clap 5 sec
Face right clap 5 sec
4 steps back
5 seconds

Session Five

5 seconds
2 seconds
1 step away + wave 'woo hoo'
Bend waist 3 sec
Jog 15 sec
3 seconds
2 seconds
Turn circle right
Count to 10 aloud
7 seconds
5 steps away + clap
Turn back to dog briefly
Turn circle left
5 steps away + clap
Face left take 1 step away
Face right take 1 step away
Pat thighs once
3 seconds
10 seconds
5 steps away + clap
Walk 1/4 circle left
Walk 1/2 circle left
Walk 1/4 circle right
Walk 1/2 circle right
1 second
3 seconds

Session Six

7 seconds
Walk 1/4 circle right
5 steps away counting aloud
5 seconds
3 seconds
Touch floor
Jog 5 sec
Stretch arms high
Count to 20 aloud
5 steps back counting
Pat thighs twice
3 seconds
10 seconds
2 seconds
Walk 1/4 circle left
5 steps away counting
2 steps back wave & count to 5
3 seconds
Face left touch knees
Face right touch knees
Face away count 5
5 seconds
3 seconds
Face away say 'hello'
Turn in circle
7 seconds