



Directions: Cut along dotted lines. Fold along solid lines.

3

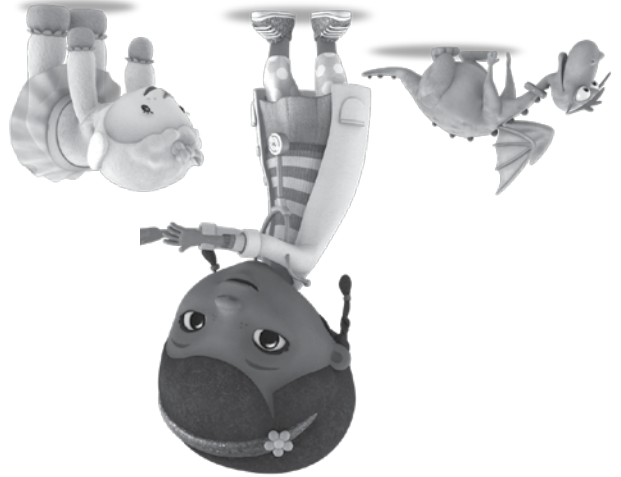
Stretch it out together now



Let's get better

2

1, 2, 3, 4



Stretch and flex

Reach up high and take  
it to the sky



And down

4



My Movement  
Mini-Book

## Stretch and Flex!



My name is

Cover

Fold 1 →

Fold 2 →

