

An  
Action  
Rhyme

# Salute the Sun



**1.** Stretch your arms to the sun.



**2.** Fold over—dive for fun.



**3.** Plant your hands on the ground.



**4.** Jump back without a sound.



**5.** Hips up. Head straight.



**6.** Step legs forward.  
You're looking great!



**7.** Stretch your body to the sun.  
One deep breath.  
Now you're done.