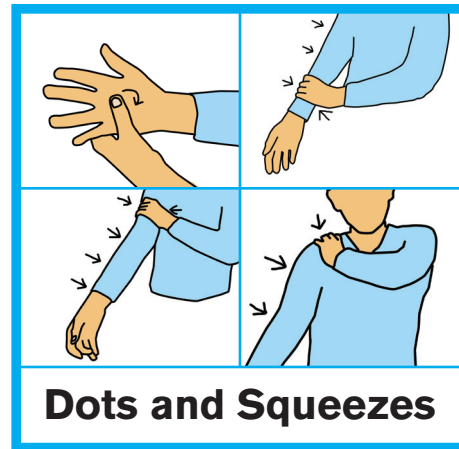


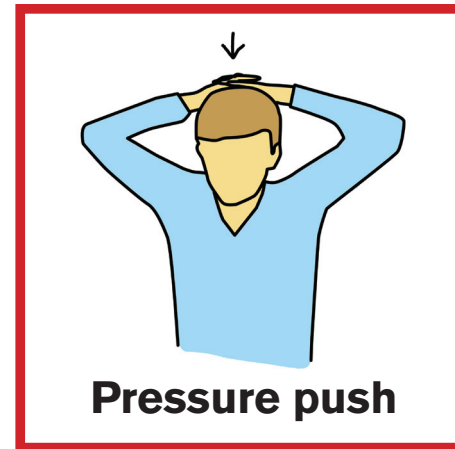
You can do these in the classroom / corridor / bathroom



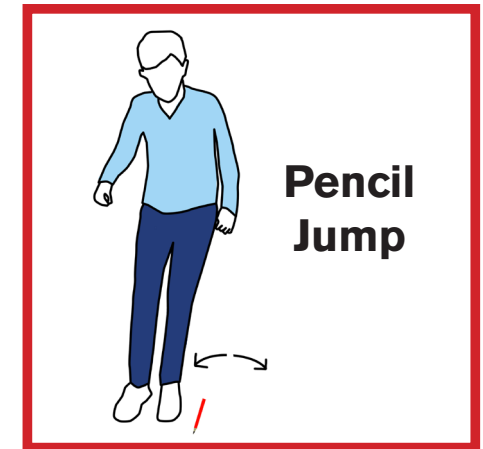
Place hands palms down on each side of chair under your legs. Straighten arms to lift yourself off the chair. Repeat 10 times.



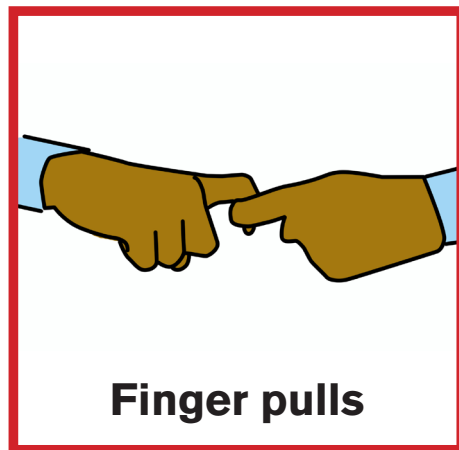
Make a 'dot' in left palm with opposite thumb and massage. Next, firmly squeeze left wrist with right hand. Continue to move hand up arm doing a series of squeezes. Repeat on other side.



Sit up straight and pull belly button towards your spine. Clasp hands together and push firmly down on top of head.



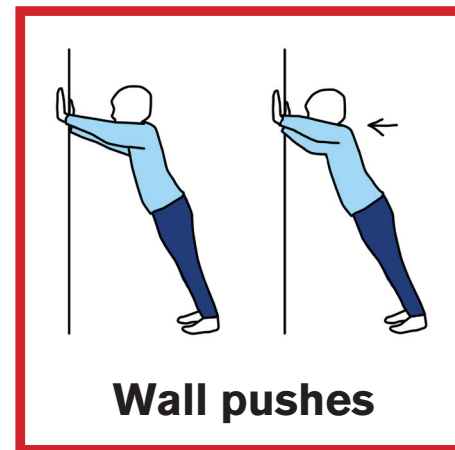
Place pencil on floor in front of you. Stand to one side of pencil with feet together. Jump to other side of pencil. Repeat.



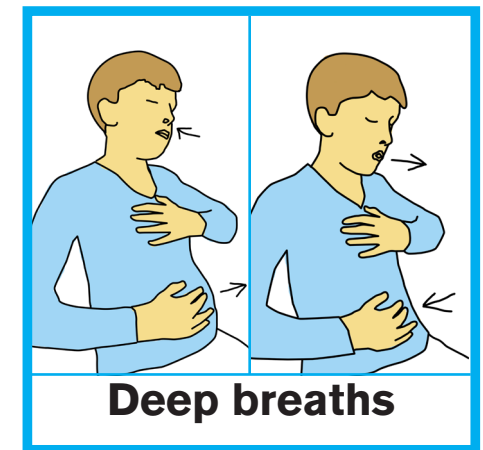
Hook the index fingers together and pull for three seconds. Repeat with each set of fingers.



Place your palms together with elbows out. Push hands together as hard as you can and hold for 20 seconds. Remember to breathe.



Find a large and empty wall and stand about 3 feet in front of it, hands outstretched, facing the wall. Lean your body towards the wall with your hands touching the wall. Push your body back, with your hands until you are once again in a standing position. Keep repeating the same two positions, keeping an even rhythm up and back, for as many times as you can without feeling any pain in your muscles or back.



Put one hand on your tummy and one hand on chest. Breathe in through your nose for count of 6 (count silently). Let your tummy push out like a balloon when you breathe in. Now slowly breathe out forming an 'o' with your mouth to a count of 6. Imagine that your tummy is deflating. Practice for 3-5 minutes.