**Roll An Engine Break**

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|  | **Column 1** | **Column 2** | **Column 3** | **Column 4** | **Column 5** |
| ☐ | Jump in place 10 times | Touch opposite hand to opposite knee for count of 8 | Do 10 desk pushups | Tree pose 10 seconds each side | Take 5 deep breaths |
| ☐ | Do 5 jumping jacks | Do 10 big arms circles forwards | Shake out arms | Do 10 big arm circles backwards | Give yourself a big hug for a count of 10 |
| ☐ | Shake out head for count of 5 | Open and close hands quickly 10 times | Touch same side hand and knee 5 times each side | Stretch up high with arms for count of 10 | Do 5 slow chair push ups |
| ☐ | Shake out legs for count of 10 | Hop on one foot 10 times then the other 10 times | Go up on tiptoes and down 10 times | Roll head in circle to right and then left 5 times | Squeeze and relax hands 10 times |
| ☐ | Run in place for 10 seconds | Shake out whole body | Walk on heels for 10 seconds | Balance on each foot for 10 seconds | Close your eyes for 10 seconds and think about breathing. |
| ☐ | Twist side to side while swinging arms | Touch opposite hand to opposite foot 10 times | Snow angel arms 10 times | Rub up and down your ears for 10 seconds | Stretch down towards floor for 5 sec |