

SANTA'S SILLY SQUATS



Squat down like Santa
carrying a heavy sack

REINDEER HOPS



Hop around like playful
reindeers

ELEVATE LIKE AN ELF



Reach high above like elves
stacking presents

SNOWFLAKE SPINS



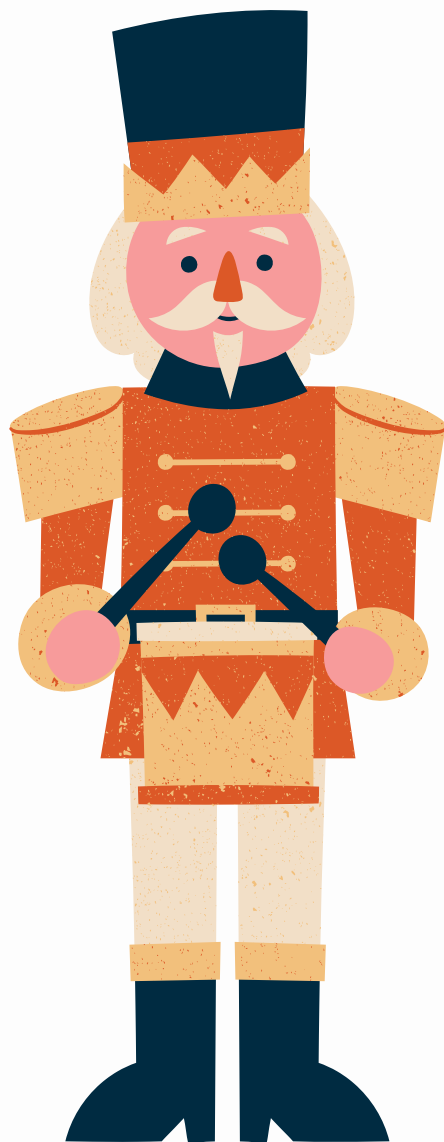
Spin in circles like a falling
snowflake.

JINGLE BELL JUMP



Jump up and down as if
jingling bells

NUTCRACKER NODS



Nod your head up and
down and side to side.

WREATH WAVES



Wave your arms around in
a circle, like a wreath

SLEIGH SLIDE STEPS



Slide feet side to side as if
gliding on a sleigh

ANGEL ARM FLUTTERS



Flutter arms gently up and
down like a Christmas angel

SNOWGLOBE SHAKES



Shake your body gently like a snowglobe with swirling snow

CHRISTMAS TREE TWIRLS



Twirl around gracefully like a
Christmas tree

STOCKING STRETCHES



Stretch up high then touch
toes as if filling stockings

GINGERBREAD JIGGLE



Jiggle like a gingerbread
person fresh out of the oven