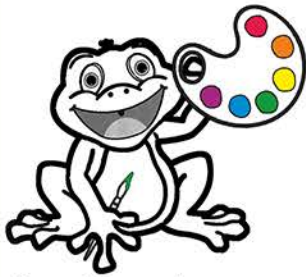


FIND FUN WAYS TO MOVE!

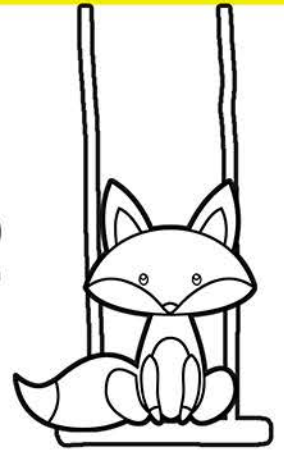


Paint a picture.



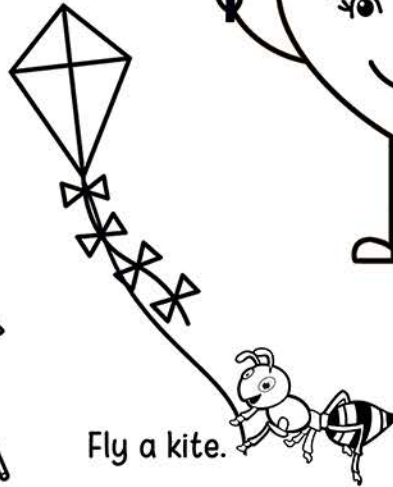
Laugh!

Plant a seed.



Swing on a swing.

Play music.



Jump rope.

Fly a kite.

Smile!



Splash in a puddle.



Play with a ball.



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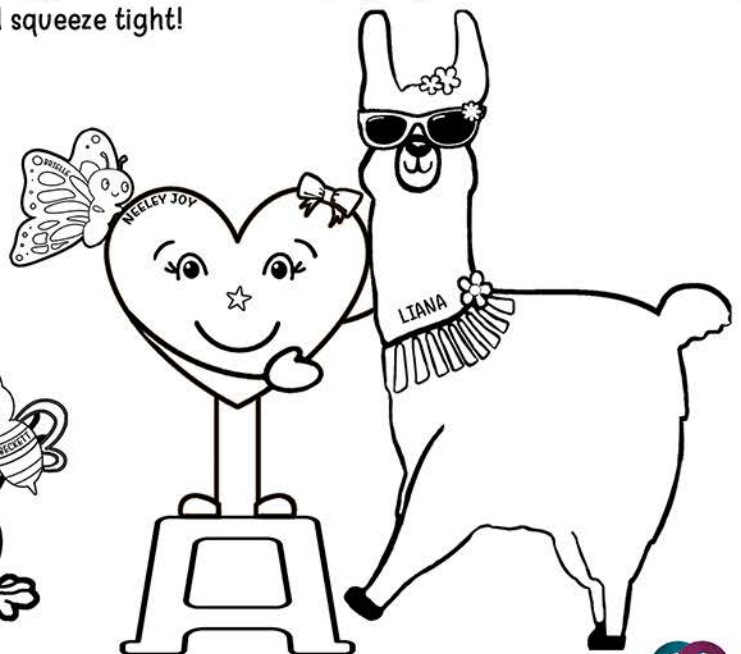


Do you know how to **Shrug Hug**? It's easy! Just lift your shoulders up to your ears, wrap your arms around yourself and squeeze tight.

The Sunshine Squad loves to play **"Shrug, shrug, Ladybug!"** Every time they say "shrug," they lift their shoulders to their ears and choose one friend to be hugged, like this:

"Shrug, shrug, Ladybug, let's wrap Percy in a great big hug!"

They take turns until everyone has been hugged. But you can even play if you're alone. Just wrap your arms around yourself and squeeze tight!



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