

Pizza Pose

1. Sit with your legs straight out wide.
2. Gently squeeze your legs to knead the dough.
3. Move a rolling pin forward and back to smooth it out.
4. Reach up for tomato sauce and spread it on the dough.
5. Reach up for cheese and sprinkle it on top of the sauce.
6. Lift your arms like the oven door and fold forward.
7. Count back from five as the pizza bakes. Ding!
8. Blow on it to cool it off!

