

Star Pose

- 1. Let's make the fve points of a star.
- 2. Stand and space out your feet to make two points.
- 3. Make your head the third point by stretching through your neck.
- 4. Stretch both arms up and out.
- 5. Make your hands the fourth and ffth points of the star.
- 6. Wiggle your fngers like a twinkling star!



