

## Let's Take an Energetic Break - For Meetings II

It has been a while since the meeting began. Let's take a break

Get set, then open and close your arms and legs. Repeat the movements

Step forwards

Tap your foot

Repeat on the other side

With your arms

Step forwards, and move your foot from side to side

Shift weight

Put your legs together

With your arms

Repeat on the other side

Step sideways, then bend knees

Step one foot sideways, then tap the other foot

Put your legs together

With your arms

Open your arms, then clap your hands

Bring your arms back to the centre

Straighten both arms out in front. Bend your wrists up and down

Make a circle with your palms

Repeat the movements

Make a circle with your palms

Rotate your forearms around each other

Shift weight slowly

Pose your arms

Repeat the movements

March on the spot and turn around at the same time

Spread arms in a big circle, then exhale

Get set, then open and close your arms

Repeat the movements at a faster tempo

March on the spot and turn around at the same time

Spread arms in a big circle, then exhale

Relax your wrists

Lower your arms slowly