
WARMUP

WALKING WARMUP



Happy

**Smile and
nod at others**



Afraid

**Do not look
at others**



Surprise

**Make eye
contact with
others**



Sad

**Frown as you
pass others**



**Follow
someone**

Drag your feet



Angry

Hopping



**Get
distance
from
others**

Power walk



Happy

Skipping