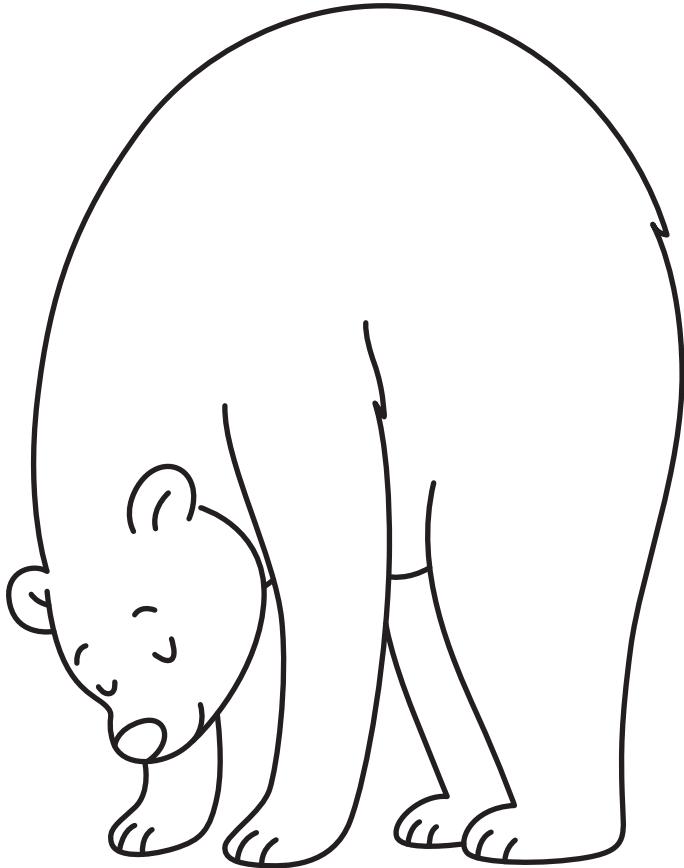
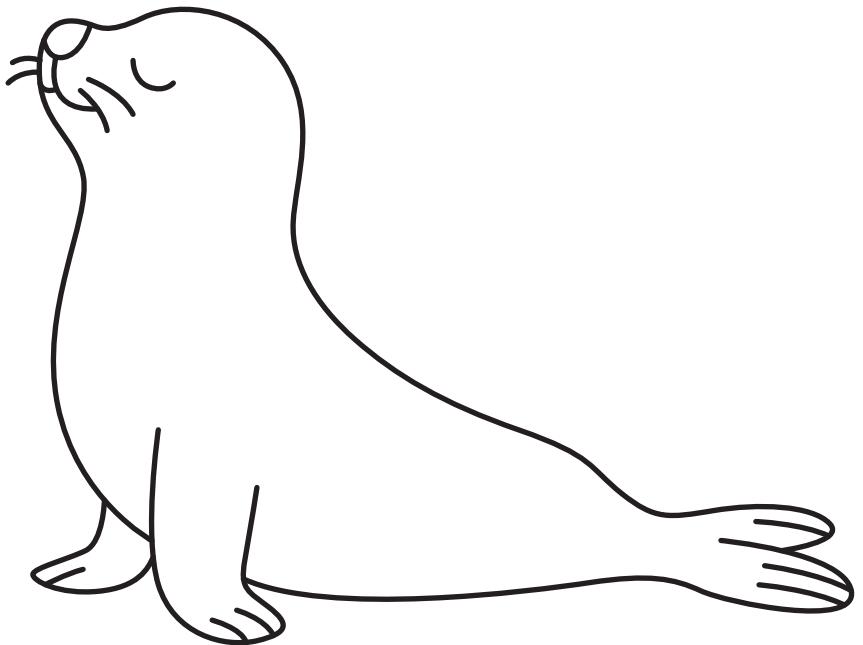


Polar Bear Pose



- Stand tall, feet wide apart.
- Bend forward with arms dangling like big bear paws.
- Sway side to side slowly, like a polar bear walking.

Seal Pose



- Lie on your tummy.
- Place hands flat on the floor under shoulders.
- Push up your chest and look up, clapping your feet together like a seal tail.

Arctic Fox Pose



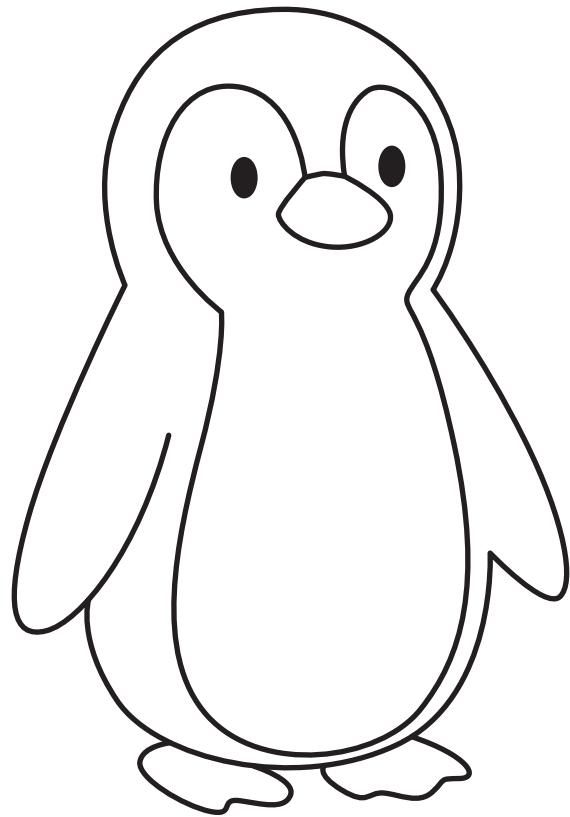
- Start on hands and knees (tabletop).
- Curl into a small ball, tucking your chin and wrapping arms around like a fox curling in snow.
- Take deep, calm breaths.

Snowy Owl Pose



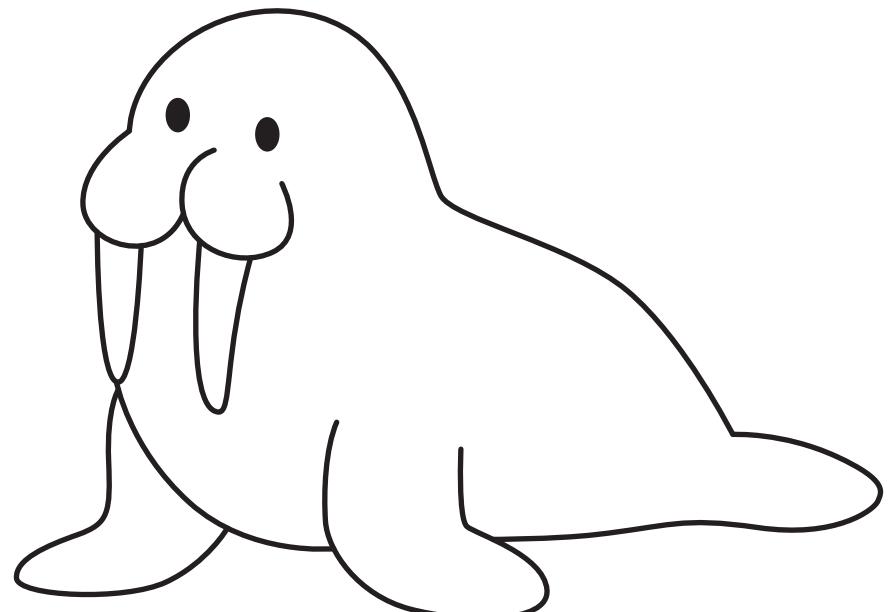
- Sit cross-legged.
- Stretch arms wide like wings.
- Slowly flap arms up and down while taking deep breaths, "hoo-hooing."

Penguin Waddle



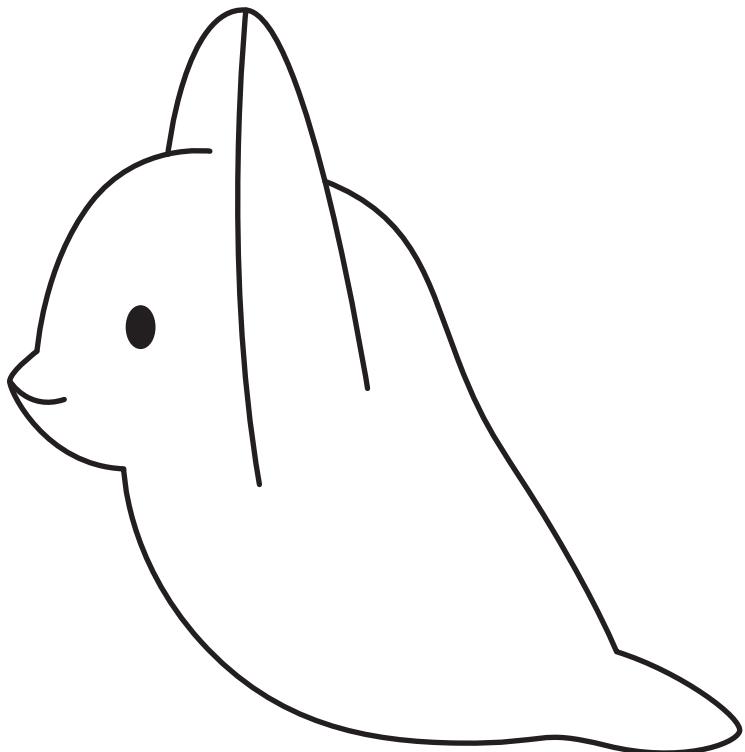
- Stand tall with feet together.
- Press arms against your sides like flippers.
- Waddle side to side like a penguin!

Walrus Push-Up



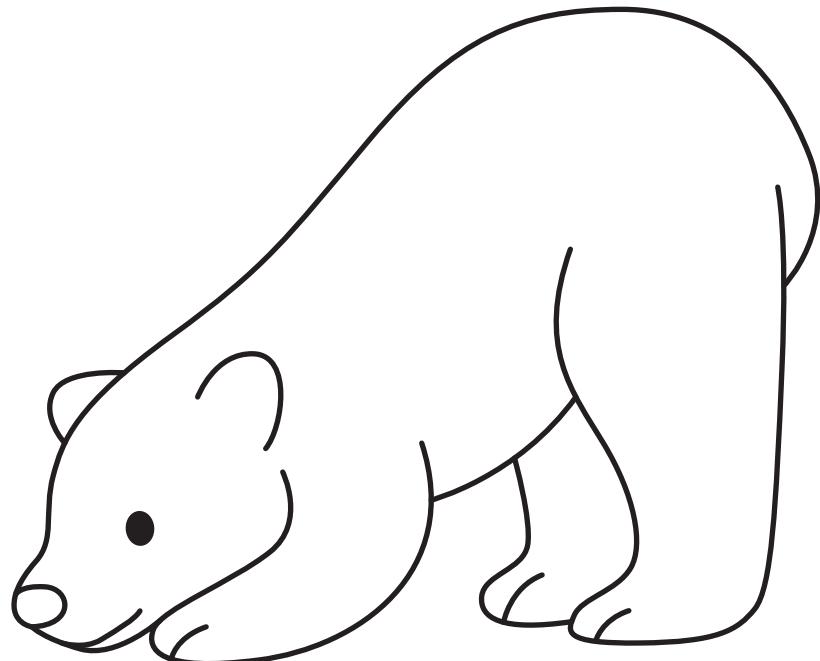
- Get on hands and knees.
- Wiggle your body forward and back.
- Put fingers under your nose like tusks!

Narwhal Balance



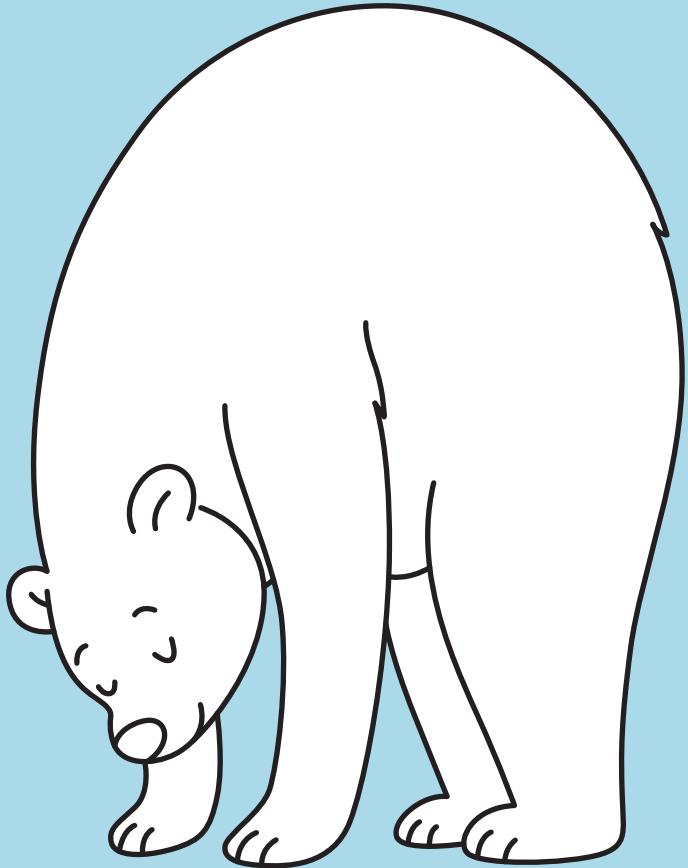
- Stand on one leg, stretch arms forward, and lean forward.
- Pretend your arms are the narwhal's tusk.

Polar Bear Stretch



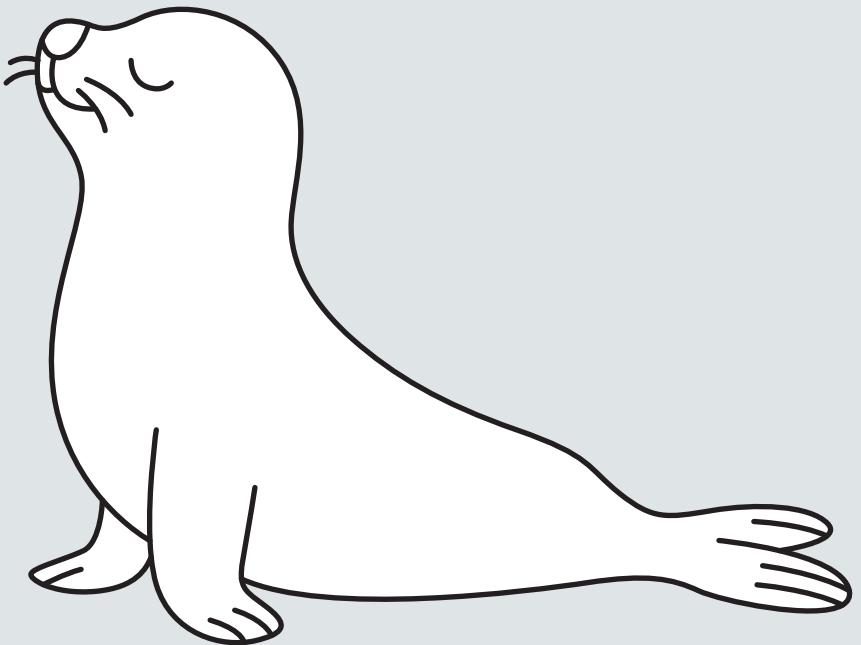
- Place hands and feet on the floor, hips high.
- Walk your hands forward, stretching like a polar bear waking up.

Polar Bear Pose



- Stand tall, feet wide apart.
- Bend forward with arms dangling like big bear paws.
- Sway side to side slowly, like a polar bear walking.

Seal Pose



- Lie on your tummy.
- Place hands flat on the floor under shoulders.
- Push up your chest and look up, clapping your feet together like a seal tail.

Arctic Fox Pose



- Start on hands and knees (tabletop).
- Curl into a small ball, tucking your chin and wrapping arms around like a fox curling in snow.
- Take deep, calm breaths.

Snowy Owl Pose



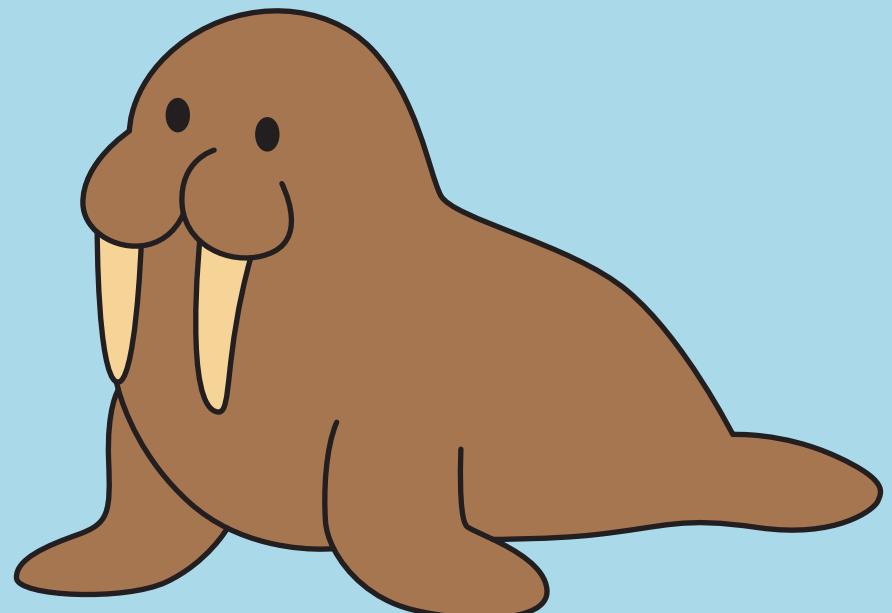
- Sit cross-legged.
- Stretch arms wide like wings.
- Slowly flap arms up and down while taking deep breaths, "hoo-hooing."

Penguin Waddle



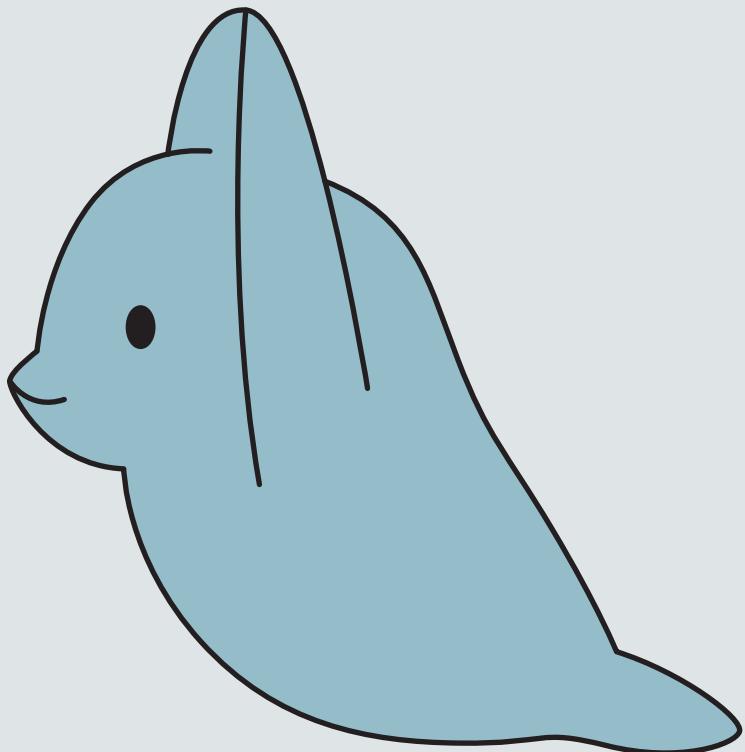
- Stand tall with feet together.
- Press arms against your sides like flippers.
- Waddle side to side like a penguin!

Walrus Push-Up



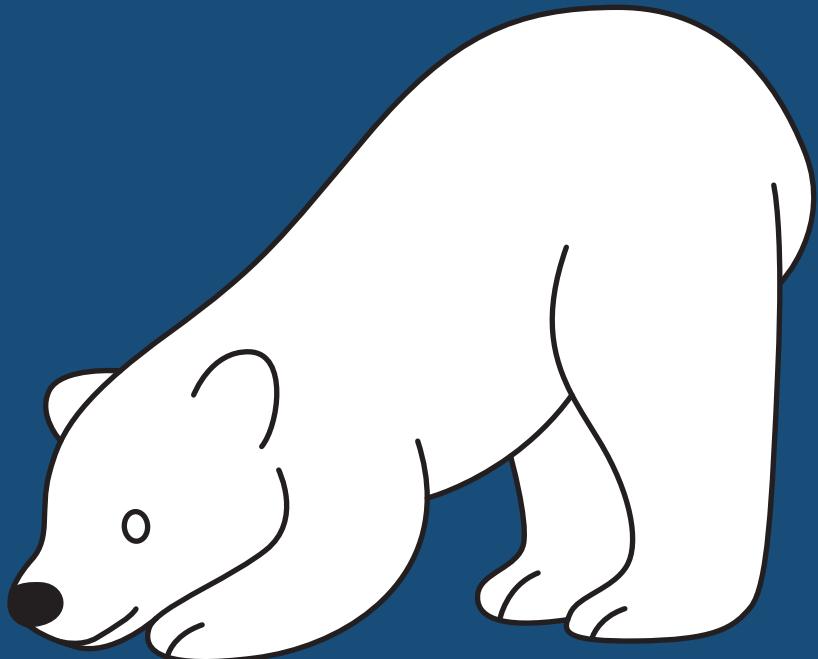
- Get on hands and knees.
- Wiggle your body forward and back.
- Put fingers under your nose like tusks!

Narwhal Balance



- Stand on one leg, stretch arms forward, and lean forward.
- Pretend your arms are the narwhal's tusk.

Polar Bear Stretch



- Place hands and feet on the floor, hips high.
- Walk your hands forward, stretching like a polar bear waking up.