

TERMS OF USE:

Allowed:

Use in your ministry programmes

Share with volunteers / ministry leaders to prepare for programmes

Purchase additional licenses for use with other churches or families.

Not Allowed:

Share with other churches/ministries without purchasing correct licenses.

Store on shared, team, or public drives

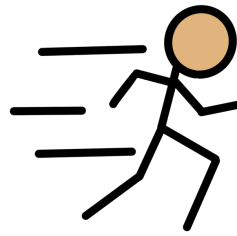
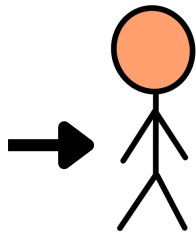
Post any part of this curriculum content on any online forum or site that is accessible by others without appropriate licenses.

Replicate any portion of this content.

Copyright © Access Church Ministries 2026 Abigail Stairs

All rights are reserved by the author, Abigail Stairs, worker for Greater Europe Mission Canada. This product is to be used by the original downloader only. Use for other ministries, churches, and programmes is prohibited. This product cannot be distributed digitally for public use. Clipart, Graphics, and Elements found in this PDF are used from CanvaPro, Ally Studio Art, and/or are Original Designs. They cannot be extracted and used outside of this file without permission or license. Intended for classroom and personal use only.





BODY MOVEMENT:



3

**Jumping
Jacks**



3

Squats



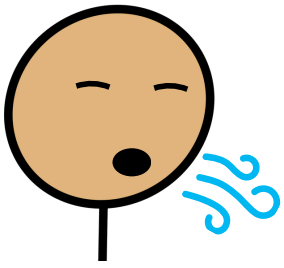
1

Plank

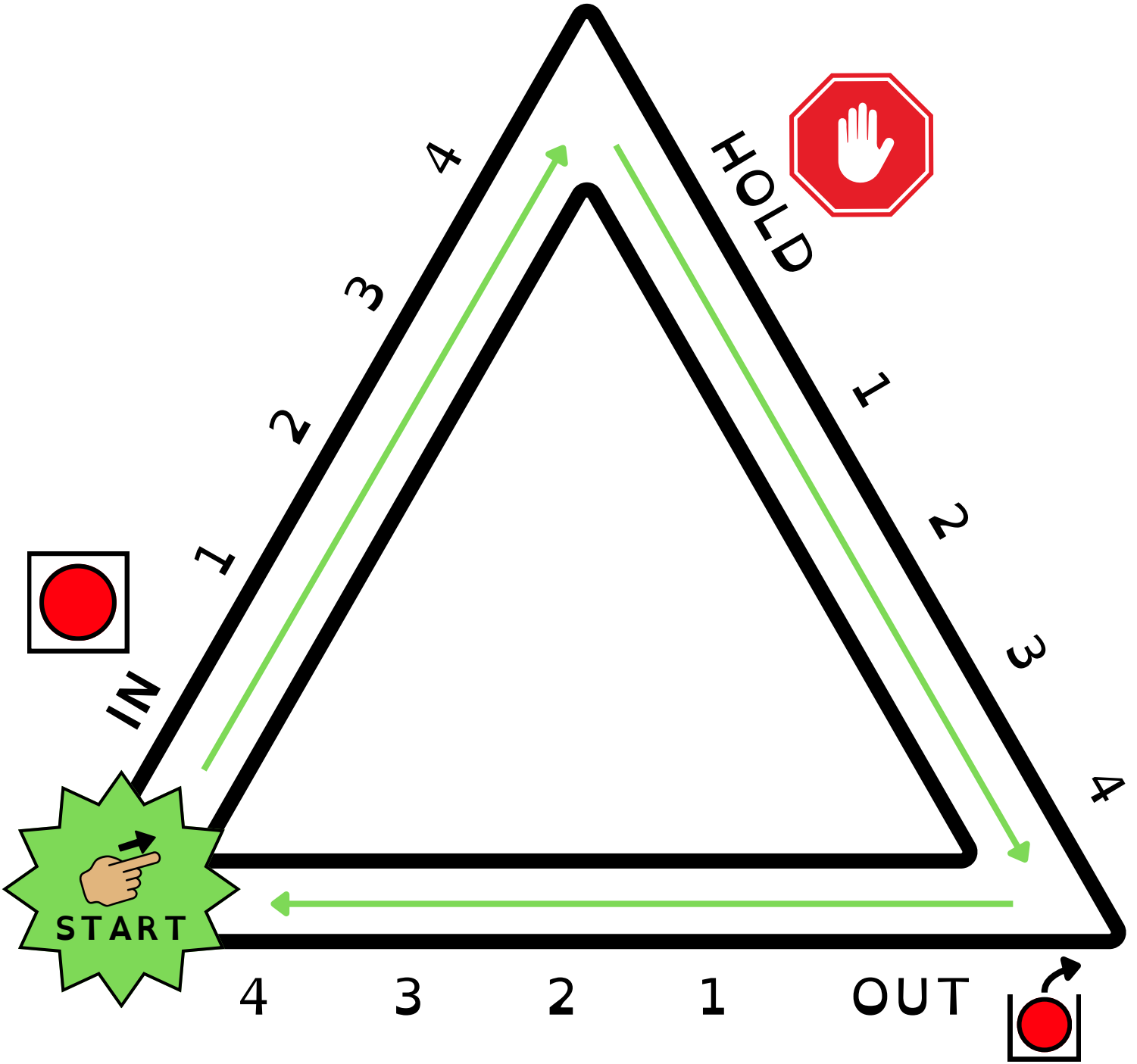


3

Jumps

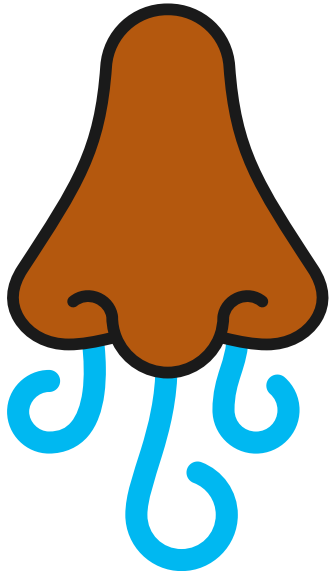


BREATHING

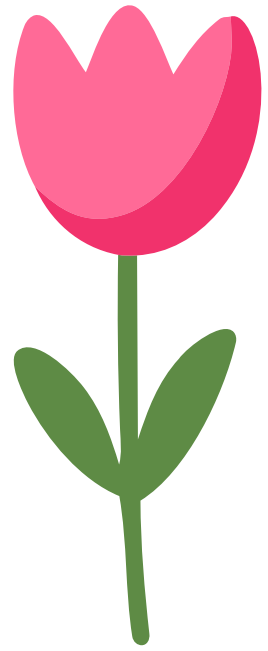
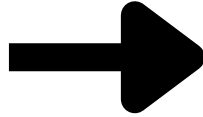




BREATHING

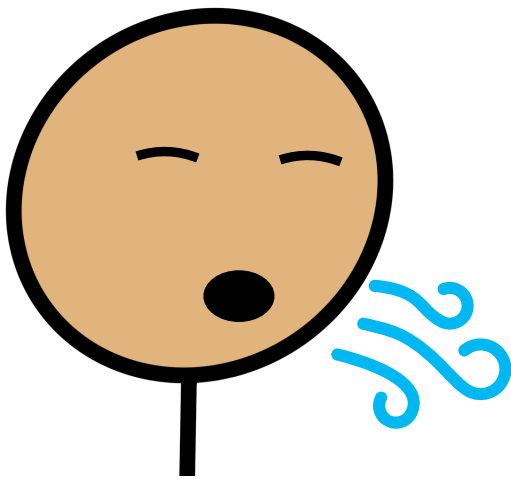


Smell

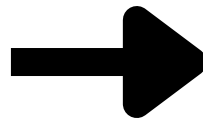


flower

the



Blow



candle

out