Go to <a href="https://www.YourTherapySource.com/motorminute">www.YourTherapySource.com/motorminute</a> for the complete download LUCKY PENNIES Stack the 10 pennies Penny for your thoughts... inside the circle. Perform your favorite exercise 10 times. Of this inside this citale. Place all the pennies heads up in each circle and then flip all ten pennies to tails. **Penny Pincher** Hold one penny in between each finger and your thumb i.e. pointer/thumb, middle/thumb, ring/thumb and pinky/thumb

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AMOEBA MAN

Pretend to skateboard around the room.









