Shaking Cats

Shake out any fizzy wizzy, bubbly energy whirling around inside you. Begin by standing tall. Take a deep breath in and as you breath out, shake your arms high, shake them wide and shake them low. Shake your body to the left, shake it to the right. Shake your whole body! Shake your legs, to the front. Shake your legs to the back.

Flop down into your seat and let out a big meoooow breath.