

Butterfly flight



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Vuelo de mariposa

Place the soles of the feet together, hold both feet with your hands. Flap by moving your legs and knees up and down.

Coloca las plantas de los pies juntas, sostén ambos pies con las manos. Aletea moviendo las piernas y las rodillas hacia arriba y hacia abajo.

Butterfly stretch



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Estiramiento de mariposa

Stretch both arms out and gently curve them backward, as if you were stretching after waking up and smile.

Estira ambos brazos, curvalos levemente hacia atrás como desprezandote y sonrie.

Butterfly jump



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Salto de mariposa

Stretch both arms out to the sides with the palms facing down, and gently bounce them up and down.

Estiramos los brazos a ambos costados con las palmas mirando hacia abajo y los hacemos saltar de arriba hacia abajo levemente.

Butterfly twist



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Torsión de mariposa

Gently twist by placing the right hand on the left knee, crossing the body. Hold the position, then repeat on the opposite side.

Realizamos una torsion posicionando la mano derecha en la rodilla izquierda cruzando el cuerpo, sostenemos y luego a la inversa.

Butterfly roll



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Rodar de mariposa

Curl up, holding both knees with your hands, and roll forward and backward.

Enrollarse, tomando ambas rodillas con las manos y rodar hacia adelante y atrás.

Butterfly hug



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Abrazo de mariposa

Interlace the thumbs, forming a butterfly with both hands. The palms face the chest and gently tap the chest alternately.

Entrelazar los pulgares, formando una mariposa con ambas manos, las palmas miran hacia el pecho y se mueven dando golpecitos en el pecho alternadamente.

Butterfly breath



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Respiración de mariposa

Place the thumb of one hand in front of the mouth, with the nail facing toward yourself. Inhale and slowly exhale, repeating the action.

Se coloca el dedo pulgar de una mano frente a la boca, la uña mira hacia uno mismo, inhala y sopla lentamente repetidamente