

1. Balloon

<https://www.youtube.com/watch?v=ZBnPlqQFPKs>

2. Time out

https://www.youtube.com/watch?v=9_vEZTrmtyA

3. Wiggleflop

https://www.youtube.com/watch?v=zPZmD3x4_Nc

4. Starfish

<https://www.youtube.com/watch?v=a1dgkivX9-A>