



Move & Groove with Donate Buddies!



Welcome, Heroes! 🌟

Get ready to stretch, move, and feel amazing with Donate Buddies! ❤️ These fun movement flashcards will help you exercise your body while learning all about the incredible organs and tissues that keep you strong and healthy!

🎲 How to Play

- Pick a card and check out the fun organ-inspired movement!
- Follow the pose and try it out—can you hold it for 10 seconds?
- Learn & explore—each card teaches you about an important part of your body!
- Challenge yourself! Try doing all the moves in a row for a Donate Buddies Workout! 🏆

🤖 Did you know? Moving your body keeps your organs strong, improves circulation, and makes you feel awesome! Let's get moving and have some fun! 🎉

Donate Buddies Workout Challenge

Can you do all the moves in a row without stopping? Set a timer and see how fast you can complete the workout!





Horse Pose

Blood Flow March

Barry the Blood Drop is on the move! 🏃 March in place, swinging your arms—keep your blood flowing strong!



Tree Pose

Brain Power Balance

Your brain helps you stay steady! 🧠 Stand on one foot, focus ahead, & test your balance—your brain controls it all!



Cobra Pose

Lung Balloon Pose

Fill your lungs with fresh air! 🌸 Take a deep breath in, lift your arms, then exhale as you bring them down—like a balloon!



Lotus Position

Whole Body Wiggle

Shake it out & move everything! 😄 Your whole body works together—wiggle your arms & legs!



Warrior I

Ligament Stretch

Lucy the Ligament keeps you moving! 🦋 Reach for your toes & stretch your legs—ligaments help you bend & flex!



Warrior II

Skin Stretch Pose

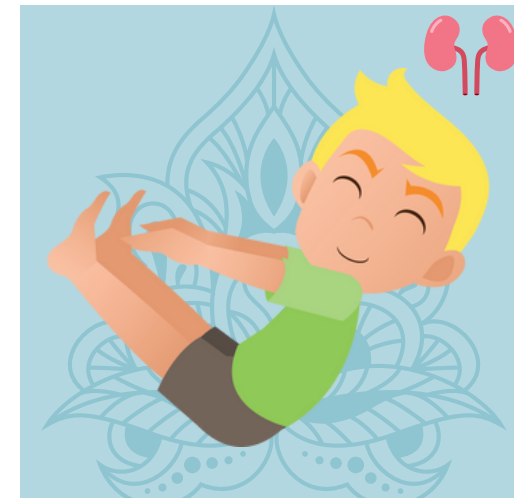
Your skin is stretchy & strong! 🦋 Reach up & stretch side to side—your skin protects & covers you!



Half Moon Pose

Tendon Twist

Tessa the Tendon helps you move! 🦋 Twist side to side—your tendons connect your muscles & bones!



Boat Pose

Kidney Bean Curl

Your kidneys clean your body every day! 🦋 Curl into a ball & stretch out—your kidneys filter & keep you healthy!



Chair Pose

Heart Hug Pose

Your heart works hard to keep you going! ❤️ Stretch your arms wide, then hug yourself tight—just like a strong heart!



Standing Bow

Circulation Dance

Spin like your blood moves inside you! 🔄 Spin in a circle—your heart pumps blood all around your body!



Cow Pose

Tissue Touch Pose

Tina the Tissue connects everything inside you! 🧴 Touch your toes & reach high—tissues help your body work as one!



Hand to Toe Pose

Bone Builder Pose

Bones keep you standing tall! 🦴 Stand strong with arms overhead—your skeleton holds everything together!



Downward Dog

Valve Beat Jump

Your heart is always beating! ❤️ Jump in place like a heartbeat—Val the Valve keeps your heart ticking!



Triangle Pose

Teeth Tapping Pose

Tap your teeth together & smile! 😊 Your teeth are part of your strong bone system—give them a happy tap!



Extended Triangle

Eye Spy Pose

Iris the Eye helps you see the world! 👁️ Cup your hands like binoculars & pretend to look far—what can you spot?



Prayer Pose

Deep Breath Sniff

Breathe in deep like you're smelling flowers! 🌸 Your lungs help you take in fresh air—inhalé, exhale, & relax!