

A photograph of a nursery room with several children lying in their beds. The beds have white frames and are decorated with colorful, patterned bedding. The children are wearing light-colored clothing. The room has light-colored walls and a window with green curtains in the background. The text is overlaid on the image in a large, white, serif font.

Игровая оздоровительная гимнастика после дневного сна

Добрый день!
Скорей проснись!
Солнцу шире улыбнись!



Прогоню остатки сна,
Одеяло в сторону,
Мне гимнастика нужна-
Помогает здорово!



A young child with light brown hair, wearing a pink sleeveless top and shorts, is walking barefoot on a blue mat with yellow footprints. The child is in profile, facing right. In the background, there is a white louvered cabinet, a green shelf with colorful containers, and a blue storage bin. The floor is wooden.

Нашни детки на полу
Ножками затопали.
Ходят детки ножками,
Новыми сапожками.



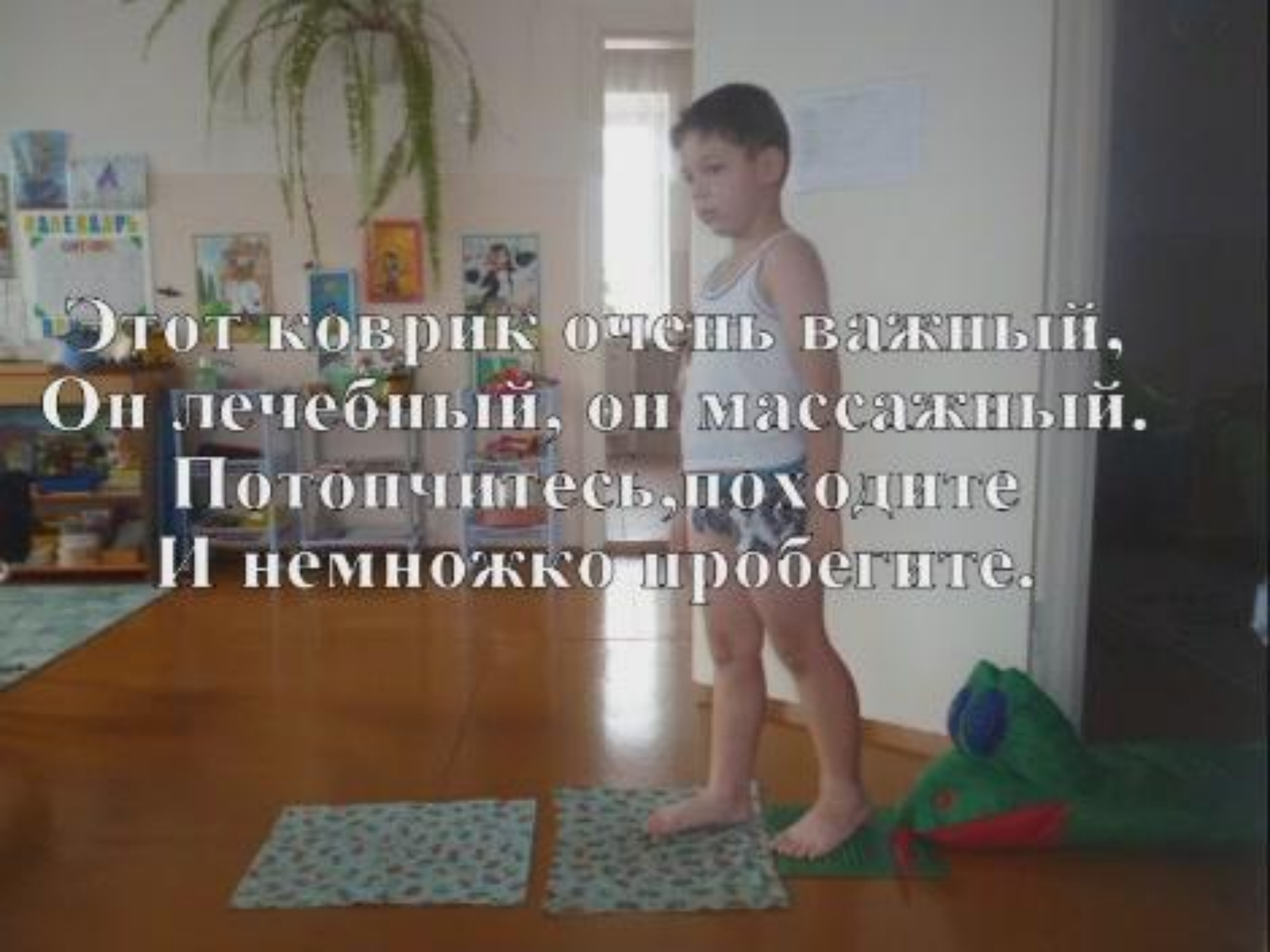
Наши дети да-да-да
Закаляются всегда...

A young girl with dark hair tied in a ponytail with a blue bow, wearing a white dress with a blue floral pattern, stands barefoot on a wooden box filled with small, smooth, colorful stones (blue, yellow, green, and white). She is looking towards the right side of the frame. The background shows a room with a light-colored wall, a window with sheer white curtains, and a patterned rug on the floor. The text is overlaid in the center of the image.

По камушкам ,по кочкам.
Ножки закаляются,
Детки не пугаются

A photograph of two young girls standing side-by-side on a green mat in a room. The girl on the left has long dark hair and is wearing a light-colored sleeveless top. The girl on the right has short hair and is also wearing a light-colored sleeveless top. They are both looking down at the mat. The background shows a room with a window and some papers on the wall. Overlaid on the image is Russian text in a white serif font.

Ножки начали плясать,
Не желаем больше спать.
Обопремся мы на ножки,
Приподнимимся немножко.

A young boy with short brown hair, wearing a white tank top and patterned shorts, stands barefoot on a green mat shaped like a frog. The mat is on a polished wooden floor. In the background, there is a doorway leading to another room, a potted plant with long green leaves, and several colorful posters or drawings on the wall. The text is overlaid in the center of the image.

Этот коврик очень важный,
Он лечебный, он массажный.
Потопчитесь, походите
И немножко пробегите.

A photograph of two young children, a girl on the left and a boy on the right, standing side-by-side on a colorful, patterned mat. They are both wearing tank tops; the girl is in white and the boy is in orange. They are in a room with a white radiator behind them and a window with light-colored curtains in the background. The lighting is soft and indoor.

Здоровье в порядке?
Спасибо зарядке!
Умываться, закаляться,
обливаться, обтираться и здоровьем
"запасаться"