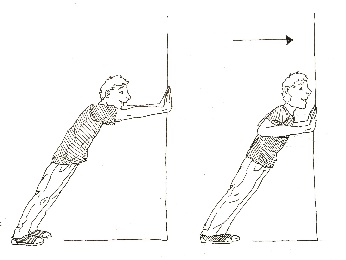
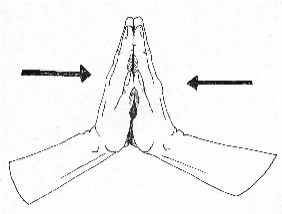
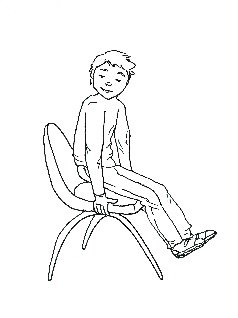
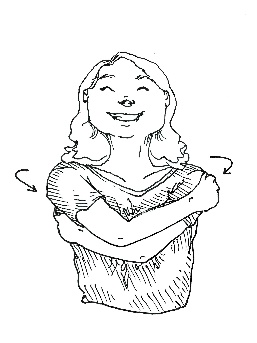
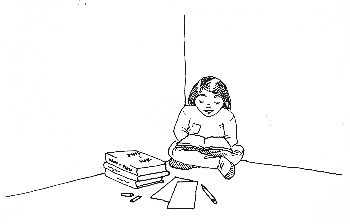
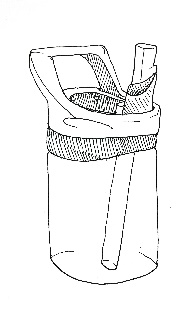
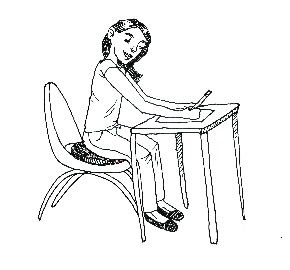


**WHAT TO DO WITH SLEEPING DRAGONS**

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1. **Wall Pushups**
2. **Push Hands Together**
3. **Chair Pushup**
4. **Heavy job**
5. **Big Hug**
6. **Drink of Water**
7. **Sit on a Cushion**