



A photograph of two children performing a bridge pose on a green mat. The child on the left is wearing an orange shirt and yellow pants, while the child on the right is wearing a white shirt and yellow patterned pants. They are both on their hands and feet, with their hips lifted and spines curved. The background is a plain white wall. The image is framed by a blue circular border with colorful dots.

**体育館で、親子でいっしょに体を動か
しませんか。親子で気軽に楽しめる
ふれあい運動あそびを、みんなでいっ
しょに行っていきます。**

**【持ち物】上履き、脱いだ靴を入れておく袋、飲み物、フェイスタオル(1人1本)
※運動のできる服装でお越しください。**

