



## Polar Workout

By Clare Hibbert

Laburnum Press, United Kingdom, 2014. Paperback. Book Condition: New. Reprint. 246 x 244 mm. Language: English . Brand New Book. Each title in this series explores movements in different imaginary settings and exercises every part of a child's body. Expressive movements encourage role play, discussion of feelings and reflection on the natural world.

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