

a



Make circles with your ankle.

b



Balance on one foot.

c



Clap your hands.

d



Do a dance.

e



Elevate your arms.

f



Flex your muscles.

g



Grab the stars.

h



Hop on one foot.

i



Ipsy Wipsy Spider

J



Jump up and down.

k



Kick your leg.

l



Lift your leg.

m



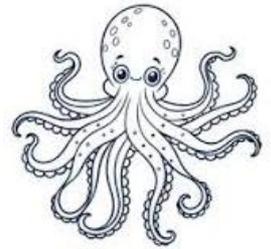
March on the spot.

n



Nod your head.

o



Be an octopus

p



Push-ups

qu



Quickly walk on the spot.

r



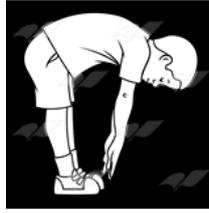
Run on the spot.

S



Sit-ups.

t



Touch your toes.

u



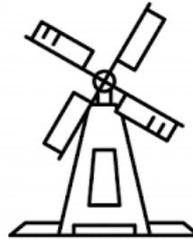
Put up your umbrella.

V



Pretend you are a volcano.

W



Make a windmill with your arms.

X



Make yourself into the letter X.

y



Yawn and stretch.

z



Run in a zig zag.

