

Body movements (1)

Stand up straight
and turn around,
bend your knees
and touch the ground.



Make a T
and make a Y,
then reach up
and touch the sky.



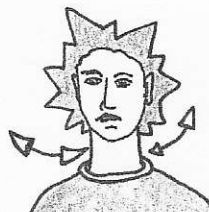
Touch your head
and touch your nose.
Now bend down
and touch your toes.



Stand up straight
and touch your lips,
touch your shoulders,
touch your hips.



Cross your arms
and shake your head.
With your body
now make a Z.



Stand up straight,
jump up and down,
nod your head,
and then sit down.

