Run three times around your chair.

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Jump up high.

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Touch your toes.

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Wave to a friend.

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Point to the window.

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Point to the door.

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Bark like a dog.

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Miaow like a cat.

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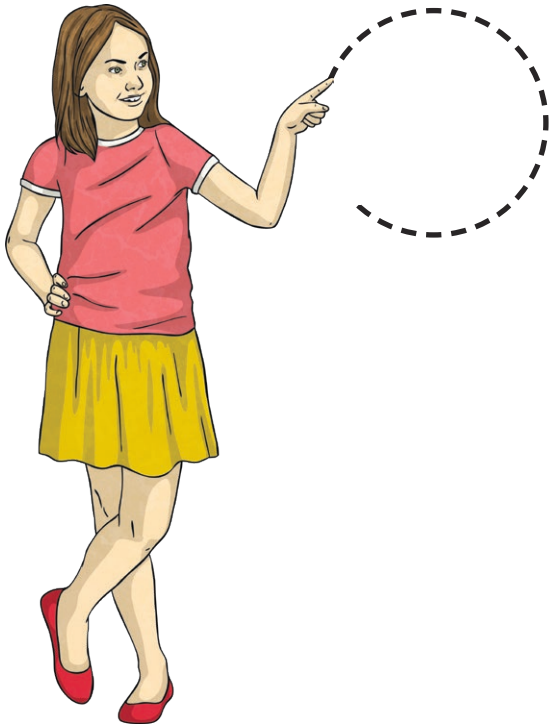
Draw a circle in the air.



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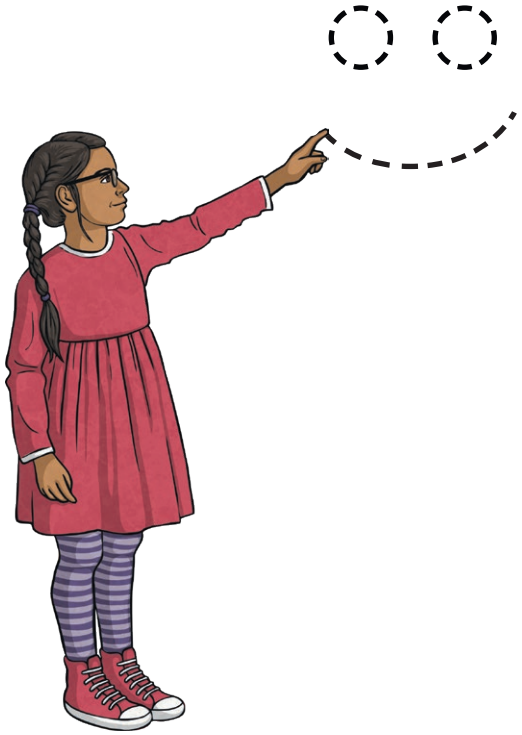
Draw a smiley face in the air.



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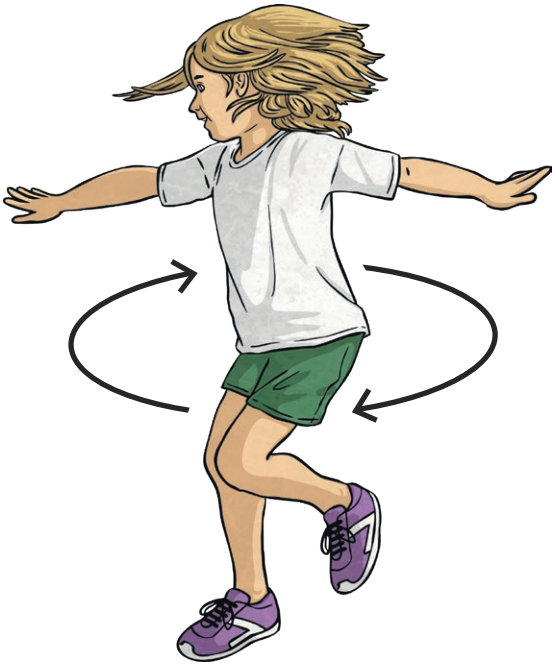
Spin on the spot twice.



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Do five star jumps.

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Roar like a lion.

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Balance with your hands on your chair.

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Pretend you're climbing a mountain.

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Sit down with your hands on your head.

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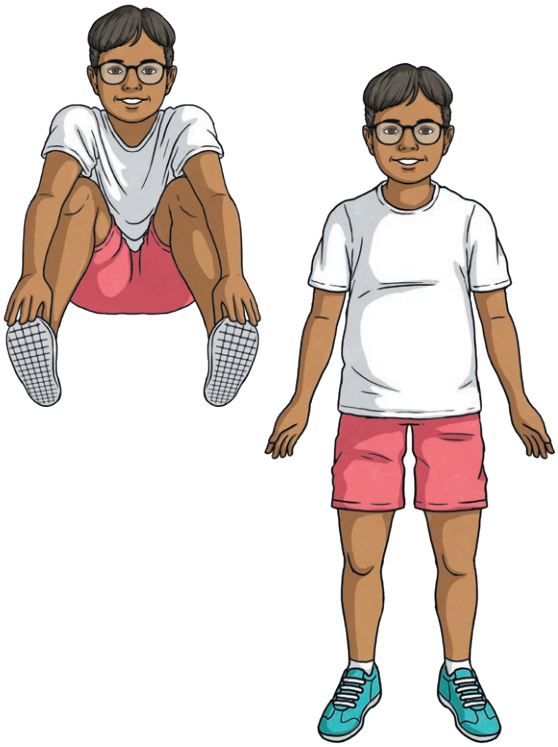
Stand up without using your hands.



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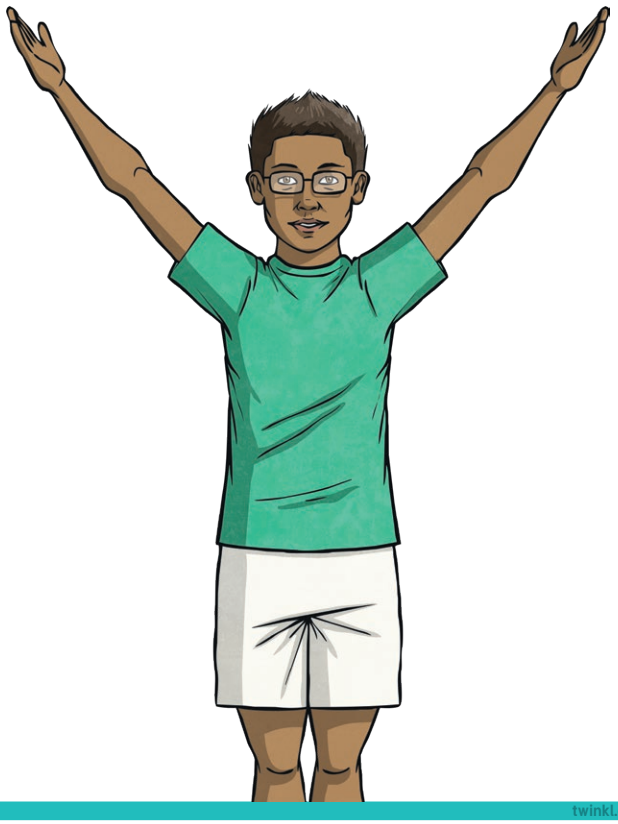
Put your hands in the air.



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Stand on one leg.

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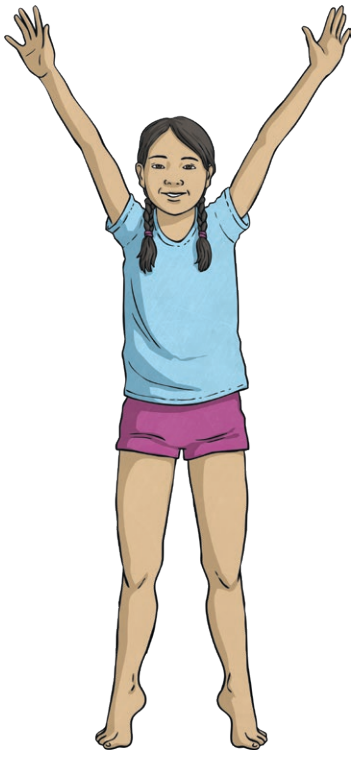
Stand on your tiptoes.



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Reach for the sky.

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Run on the spot for five seconds.

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Make a superhero pose.

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Jump like a frog.

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Rub your tummy and tap your head.

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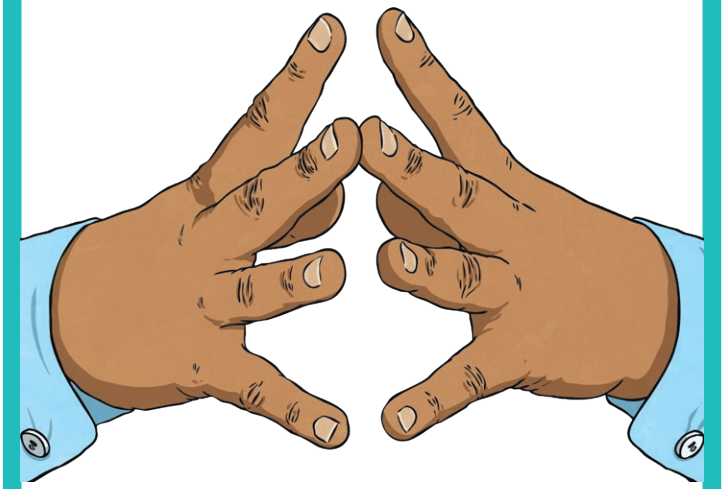
Wiggle your fingers.



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Clap six times.

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Put your thumbs up.

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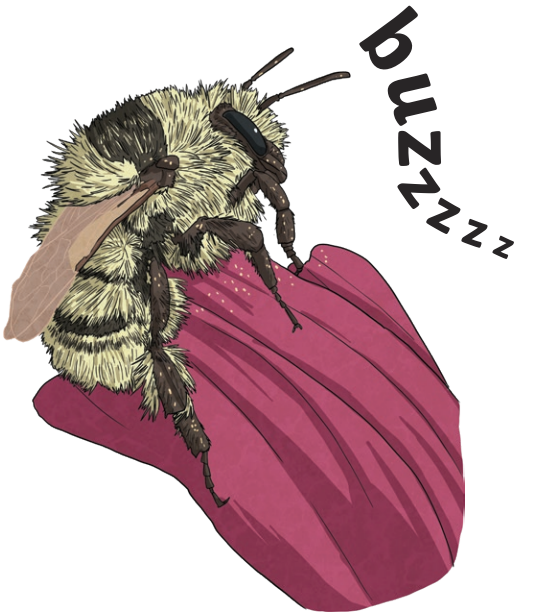
Buzz like a bee.



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Write your name in the air.

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Do your favourite dance.

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Make a face like a fish.

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Puff out your cheeks like a hamster.

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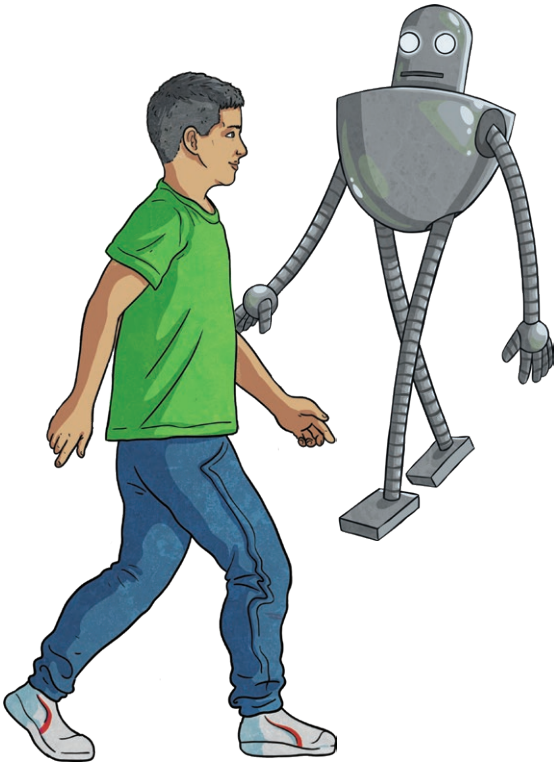
Walk on the spot like a robot.



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