



Upper and Lower Body

- Put your left hand on your right toe.
- Put your left hand on your left toe.
- Touch your heels.
- Put your feet together.
- Put your knees together.
- Touch your left knee with your right hand.
- Touch your left knee with your left hand.
- Touch your wrist to your ankle.
- Touch your knees to a chair.
- Touch your thumbs to your toes.
- Bend your knees.
- Stamp your feet.
- Put your head to the floor.
- Touch one knee and one foot.
- Put your right hand on your right knee.



- Put your left hand on your right knee.
- Put your right hand on your left hip.
- Put your left hand on your right hip.
- Put your feet apart.
- Put both hands on your hips.

Upper Body

- Clap your hands twice.
- Put your elbows together.
- Touch your eyes.
- Touch one elbow.
- Touch two elbows.
- Draw a square in the air.
- Clap one time.
- Clasp your hands behind your neck.
- Touch one shoulder.
- Place your palms together.
- Open your mouth.
- Put your hands on your head.
- Touch your nose.
- Touch your nose with one hand, your knee with the other.
- Cross your arms in front of your chest.
- Put your nose to the window.
- Touch your wrist to your neck.
- Touch your fingers to a book.
- Nod your head.
- Shrug your shoulders.

