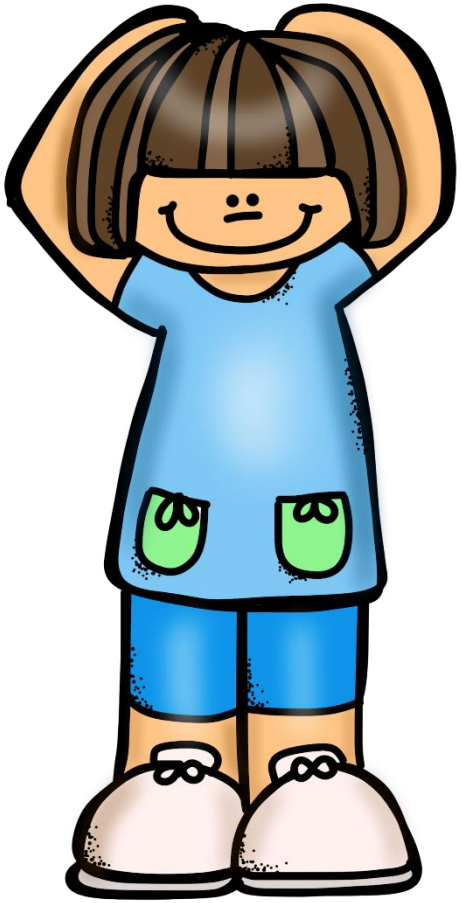
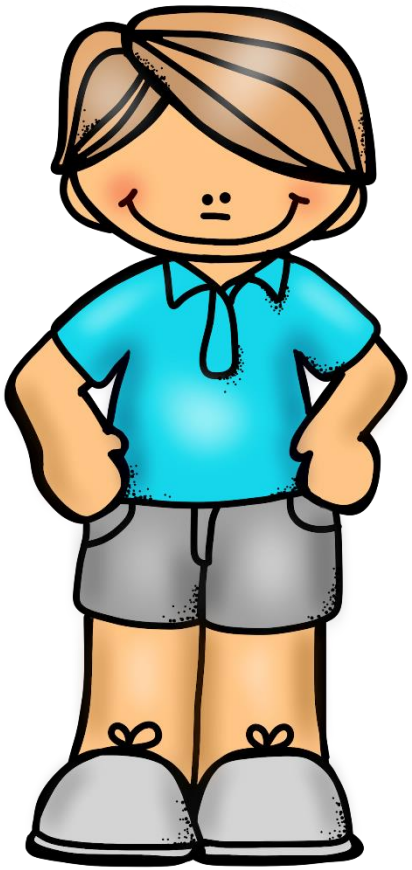
Clap your hands!

Cross your arms!

Hands in the air!



Hands on your head!



Hands on your hips!

Hop one time!

Cross your elbows!

Jump one time!

Stomp your feet!

Sway your arms!

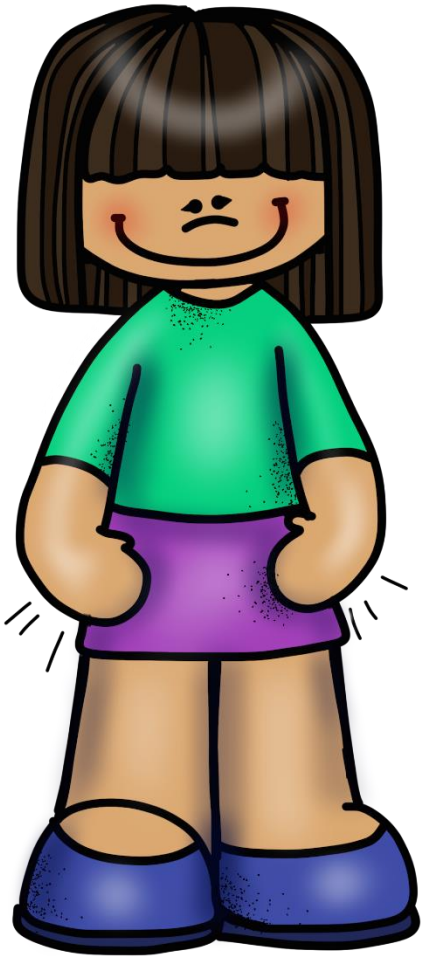
Touch your toes!

Hands on your knees!

Hands up high!

Kick one time!

March in place!



Pat your lap!

Spin around!

Tap your toes!

Touch your shoulders!

Stand on one foot!