


## Jump 10 times



Show something red


紋策


## Turn around 5 times



## Gallop like a horse 9 times



## Hop 10 times




## Clap your hands 10 times




## Do 5 squats



## Show a toy



## Bend 7 times



## Fly like a bird



1


## Count to 10



Sing a song

## Head, shoulders, knees and toes



Do the action song


## Watch a cartoon

## TONGUE TWISTERS

## Red lorry, yellow lorry. Red lorry, yellow lorry. Red lorry, yellow lorry.



## Tell a tongue twister



## Do a monkey



## Draw a green ball



> Say like a rooster


