

Follow the instructions (tick when complete)



Balance

a



pencil



on



your



head



&



count

to

5



Clap

3x

3 times



then



touch



your



nose

2x

twice



Hop

=



frog

as



you



bark

=



dog



Dab

3x

3 times



AFTER



you



hop

4x

4 times



Shout



superman



while



you



jump up

+



down

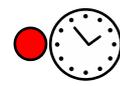


Do

5



star jumps



BEFORE



you



clap

2x

twice