

a	Lay on your back and kick your legs at the ceiling – 3 seconds.	e	Lay down and stand up – 5 times.	i	Skip to the other side of the room and back.	o	Hop with two feet across 10 tiles or 10 times.	u	Crouch and stand up – 5 times.
b	Bounce a ball 5 times.	c	Curl your body into a c and stand up – 5 times.	d	Dance about and count to 10.	f	Stand on one leg like a flamingo – 10 seconds.	g	Walk to trace an imaginary g on the floor.
h	Hop like a hare – 3 times.	j	Jiggle like jelly – 5 seconds.	k	Kick your foot forward, out to the side and backwards.	l	Shake each leg to the front, to the side and jump on the spot.	m	Put imaginary marshmallows in your cheeks and count to 4.
n	Kneel and stand up – 3 times.	p	Point your toes 5 times.	q	Waggle like a duck – once around your chair.	r	Lay flat and roll over – twice.	s	Sail like a snake and count to 6.
t	Stand on your tippy toes and count to 10.	v	Flap your arms like the wings of a vulture and count to 5.	w	Wriggle on your chair and count to 10.	x	Lay down, open your arms and legs like an x – 10 times.	y	Stand up and write a y in the sky with your nose.
z	Fold your hands together and write a large z in the air.	Write your name or a word. Use this code to do the actions.							

