

KEVIN THE KANGAROO SAYS:
"JUMP UP AND DOWN."



Two-footed standing
jump with waving arms.

COLIN THE CRAB SAYS:
"WALK SIDWAYS."



Take side steps one
way, then the other.

FRAN THE FLAMINGO SAYS:
"STAND ON ONE LEG AND
NOW THE OTHER LEG."



Balance on left foot, then
balance on right foot.

CHARLIE THE CAT SAYS:
"STRETCH UP AS FAR
AS YOU CAN."



Stretch up and try and
touch the ceiling.

CORA THE COW SAYS:
"MILK A COW."



Move arms up and
down in milking action.

SACHA THE SNAKE SAYS:
"SLITHER ALONG THE
FLOOR."



Lie down and wriggle
along the floor.

BORIS THE BEAR SAYS:
"WALK ON ALL FOURS."



Move around on
hands and feet.

HANS THE HORSE SAYS:
"TROT AROUND THE ROOM.
NOW GALLOP."



Jog, lifting knees high
then run faster.

OLGA THE OSTRICH SAYS:
"TAKE GREAT BIG STEPS."



Take long strides
around the room.

ENOCH THE ELEPHANT SAYS:
"LIFT ME UP."



Pretend to lift up a
heavy object.

FATIMA THE FROG SAYS:
"HOP UP AS HIGH AS
YOU CAN."



Hop on one leg, then
on the other leg.

PEDRO THE PUPPY SAYS:
"CHASE YOUR TAIL ROUND
AND ROUND."



Spin around on
the spot.

PIPPA THE PENGUIN SAYS:
"WADDLE FROM SIDE
TO SIDE."



Stand straight and tilt
from left to right.

BILLY THE BLACKBIRD SAYS:
"FLAP YOUR ARMS UP
AND DOWN."



Raise arms up and down,
palms facing down.