

Clap your  
hands

Reach for the  
sky with your  
right arm

Reach for the  
sky with your  
left arm

Reach for the  
sky with both  
arms

Extend your  
right leg as if  
kicking a ball

Extend your  
left leg as if  
kicking a ball

Reach for the  
sky with one  
arm

Extend one leg  
as if kicking  
a ball

Shake out  
your hands

March in  
place

Cross your  
arms  
over your  
chest

Reach for the  
floor

Make a fist

Pass the ball  
to the person  
next to you

Sway your  
arms back  
and forth over  
your head

Shake your  
neighbor's  
hand

Shrug your  
shoulders

Shrug one  
shoulder,  
shrug the  
other shoulder

Lift your  
right knee

Lift your  
left knee

Lift both  
knees

Turn your head  
side-to-side

Turn your  
upper body  
side-to-side

Lift one knee

Hug yourself

Open and close  
your hands

Twist your  
hand  
back and forth

Hold your hands  
together and  
swing your arms  
as if batting a  
ball

