

A a ankle circles	A a applaud	B b blink your eyes
B b balance <i>on one foot</i>	C c clap <i>your hands</i>	C c crawl around
D d downward dog yoga pose	D d dance	E e elbow circles
E e elevate your arms	F f <i>flex your muscles</i>	F f fly around like a bird

<p>G g gallop <i>like a horse</i></p>	<p>G g grin</p>	<p>H h hop on <i>one foot</i></p>
<p>H h hug</p>	<p>I i itch your arms, legs</p>	<p>I i inch along like a caterpillar</p>
<p>J j jump up and down</p>	<p>J j jog in place</p>	<p>K k kick your legs</p>
<p>K k kiss</p>	<p>L l laugh out loud</p>	<p>L l lick</p>

M m march	M m moo like a cow	N n nod your head
N n neigh like a horse	O o oink like a pig	O o open
P p pat your tummy	P p pray	Q q quickly walk around
Q q quack like a duck	R r roll around	R r roar like a lion

S s stretch your arms	S s spin around in circles	T t tiptoe
T t twirl around	U u go u nder something	U u look u pside down
V v vrrooom like a car	V v vacuum the floor	W w wave
W w wiggle	X x do some exercises	X x pretend to play the xylophone

<p>Y y yawn</p>	<p>Y y yelp like dog</p>	<p>Z z zig zag across the room</p>
<p>Z z zoom off go somewhere quickly</p>		