

6	jumping jacks
7	hop on one foot
10	pat your head
5	snap your fingers

8	touch your knees
5	bend down and touch the floor
9	wiggle your nose
3	turn around

**Action Card**

**Action Card**

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**Action Card**

**pretend to  
tie your shoe**

**pretend to  
brush your teeth**

**sing your  
favorite song**

**say your full name  
"My name is..."**

**count to 10**

**count to 5**

**take  
5 steps forward,  
3 steps back**

**run in place for  
1 minute**

**Action Card**

**Action Card**

**Action Card**

**Action Card**

**Action Card**

**Action Card**

**Action Card**

**Action Card**