

<b>6</b>	<b>jumping jacks</b>
<b>7</b>	<b>hop on one foot</b>
<b>10</b>	<b>pat your head</b>
<b>5</b>	<b>snap your fingers</b>

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

**Action Card**

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**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**

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**Action Card**