Body movements (1)

Stand up straight and turn around, bend your knees and touch the ground.

Make a T and make a Y, then reach up and touch the sky.

Touch your head and touch your nose. Now bend down and touch your toes.

Stand up straight and touch your lips, touch your shoulders, touch your hips.

Cross your arms and shake your head. With your body now make a Z.

Stand up straight, jump up and down, nod your head, and then sit down.