

**Clap your hands
behind your
back 4 times.**

**Do 3 jumping
jacks with one
eye closed.**

**Hop on one foot
4 times and say
your name.**

**Stand on 1 foot
and quickly sing
the ABCs.**

**Touch your ears
and stomp your
feet 5 times.**

**Hop 2 times
and say your
favorite color.**

**Clap your hands
above your
head 3 times.**

**Spin around 1
time without
making noise.**