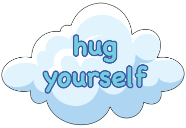
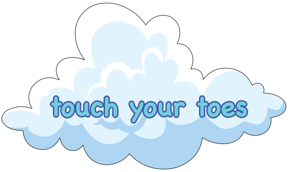
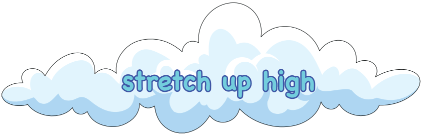
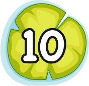
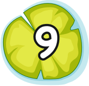
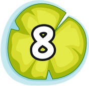

hug
yourself

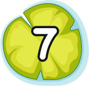

touch your toes

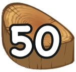

stretch up high

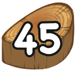


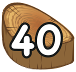


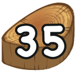


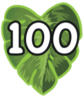


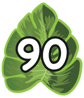


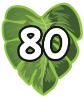


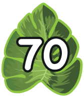








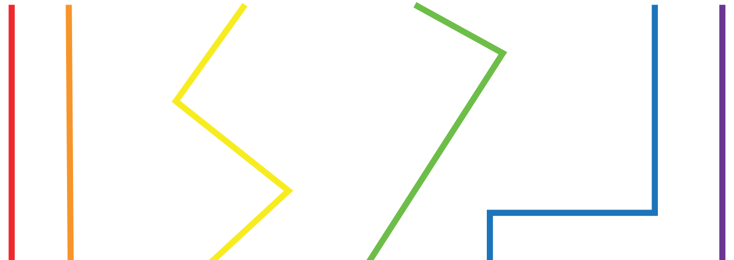


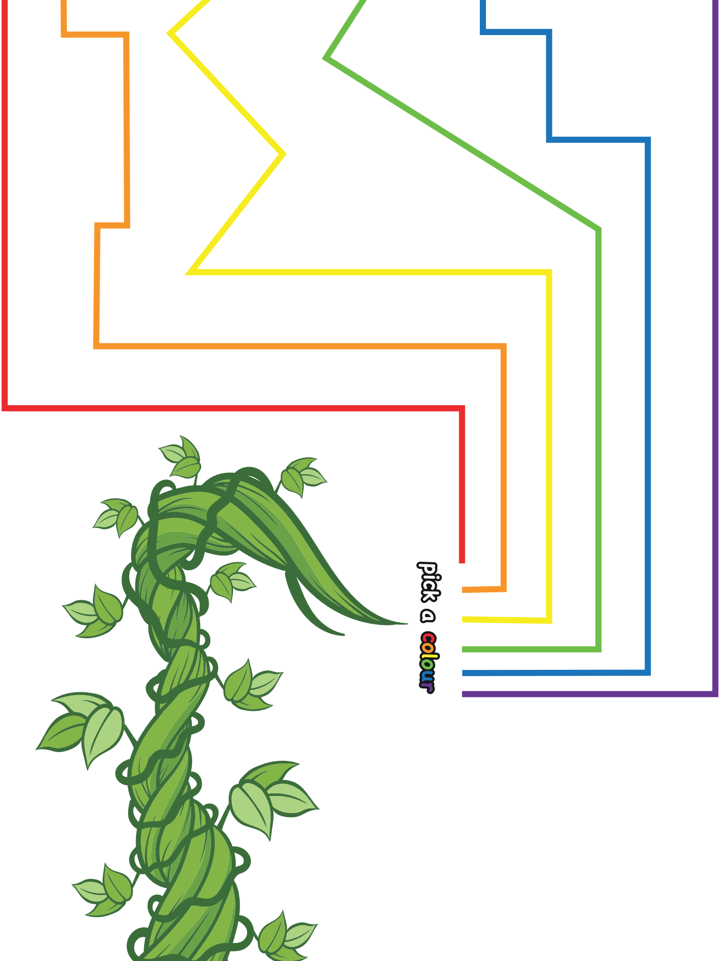


stretch

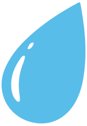
5 jumping jacks

stretch

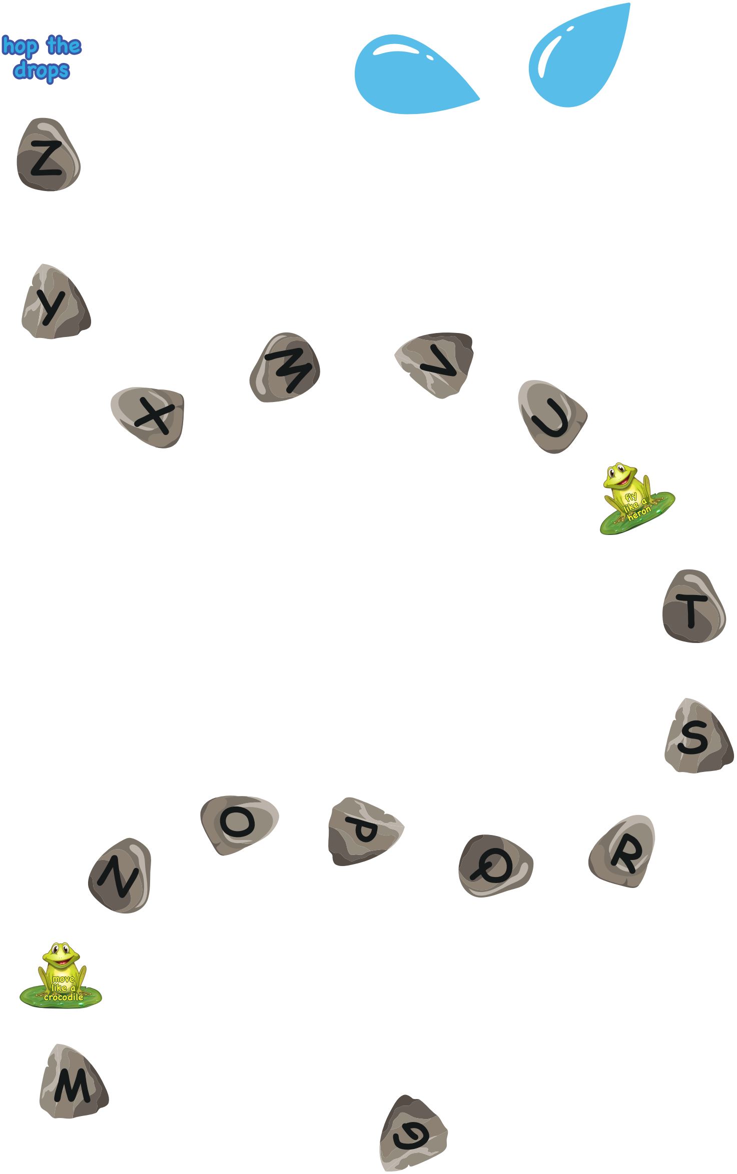


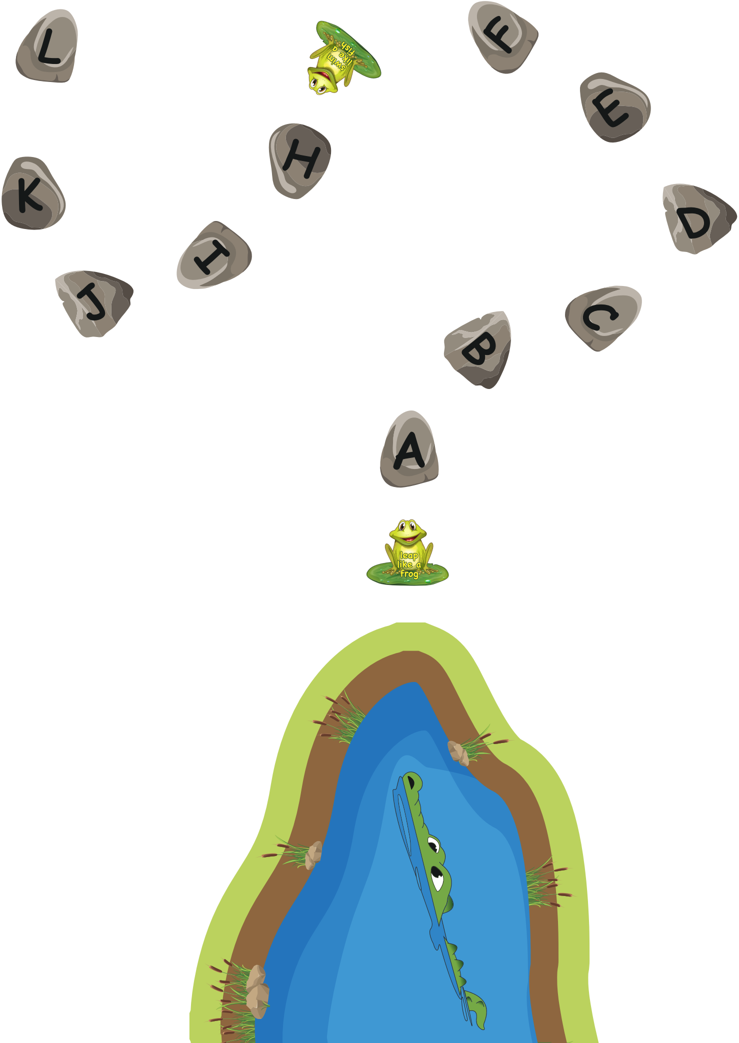
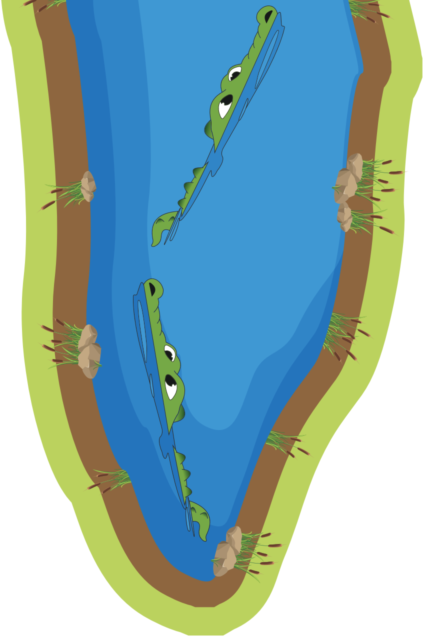

pick a colour

climb the beanstalk



hop the drops


Z
Y
X
W
V
U
fly like a heron
T
S
R
Q
P
O
N
move like a crocodile
M
G


L
swim like a fish
F
E
K
H
D
I
J
C
B
A
leap like a frog