**shrug your shoulders**

**START**

**FINISH**

**snap your fingers**

**nod your head**

**wave your hands**

**count   
to ten**

**quack like a duck**

**sing humpty dumpty**

**shake your head**

**cough 4 times**

**stamp your feet**

**laugh out loud**

**fold your arms**

**bark like a dog**

**jump in the air**

**draw a square**

**stretch your arms up**

**touch your toes**

**point to a friend**

**scratch your head**

**meow like a cat**

**cross your legs**

**whisper your name**

**clap your hands**