

Touch your
nose.

Clap your
hands.

Jump up
and down.

Sit on
the floor.

Stand on
one foot.

Touch
your toes.

Wave
hello.

Spin in
a circle.

Hop like
a bunny.

Roar like
a lion.

Give a
thumbs up.

Find a book.

Put your hands
on your head.

March in
place.

Point to
a window.

Stomp
your feet.

Sit in a chair.

Find
something red.

Pick up
one toy.

Put a
toy away.

Reach your
hands high.

Count to
five.

Find a
blue item.

Wiggle your
toes.

Clap twice,
then sit down.

Touch your nose,
then touch your
knees.

Find a book and
place it on the
table.

Hop three times
and sit down.

Pick up a toy and
put it in a basket.

Touch something
blue and then
wave.

Stand up and spin
around.

Find your shoes
and place them
by the door.

Touch your head
and then clap.

Jump once
and say hello.

Pick up a stuffed
animal and give
it a hug.

Find a pencil and
place it on the
table.

Pick up a toy and
put it in a basket.

Put your hands
on your hips and
smile.

Walk to the door
and come back.

Touch something
soft and then
something hard.

Clap twice, touch your nose, and sit down.

Find a book, open it, and point to a picture.

Pick up a toy, put it away, and return to your seat.

Hop three times, spin once, and freeze.

Touch your head, shoulders, and knees.

Walk to the door, wave, and sit down.

Find something green, show it to an adult, and put it away.

Stand up, jump once, and touch your toes.

Put your hands on your head, touch your toes, and clap twice.

Stand up, spin around once, and sit back down.

Touch something blue, wave to a friend, and sit quietly.

Hop three times, touch your shoulders, and freeze like a statue.

Find a book, place it on a chair, and return to your spot.

Touch your nose, stomp your feet twice, and give a thumbs up.

Pick up a toy, put it in the basket, and sit down.

Raise your hand, count to three, and lower your hand.