

**stomp**

**run**

**jump**  
up and down

**roar**

**turn**  
around

**clap**

**shake**  
your  
head

**sit**  
down

**shake**  
your  
hips

**touch**  
your  
toes

|                                       |                                           |
|---------------------------------------|-------------------------------------------|
| <b>x -<br/>jump</b>                   | <b>move<br/>your<br/>hands</b>            |
| <b>roll<br/>your<br/>shoulders</b>    | <b>stand<br/>on<br/>one foot</b>          |
| <b>wave</b>                           | <b>move<br/>your arms<br/>up and down</b> |
| <b>jump and<br/>pat your<br/>head</b> |                                           |