**‘MOVE YOUR BODY’**

**Action word sentences to put in plastic pockets**

**1. Clap up, clap down, clap left, clap right 3 times**

**2. Touch your toes with your nose**

**3. Skip 20 times with the skipping rope**

**4. Scream and jump 10 times**

**5. Hug someone you love and say “I love you”**

**6. Close your eyes and bounce the ball**

**7. Dance like a monkey**

**8. Push the bench forward**

**9. Run backwards round the board 2 times**

**10. Blink your eyes 20 times**

**11. Squat and waddle like a duck (Quack! Quack! Quack!)**

**12. Crawl under the table**