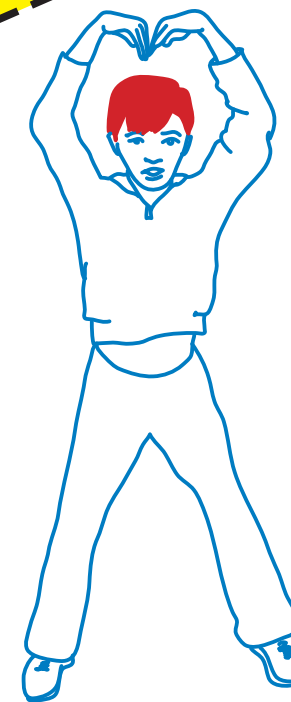


cross crawler

With your right hand touch your left knee. Now with your left hand touch your right knee. Do it slowly and with big movements. Bring your knee up to meet your hand. Now try it with your elbows to your knees.



circle time

Touch your forefingers together out from the front of your face. Touch the tips of the outstretched fingers together. Now rotate in a circle but in opposite directions.

alphabet duck soup

Use the alphabet and say it out loud as you do the movements – right hand, left hand, two hands together or duck.