

- Spin around two times.
 - Clap your hands two times.
 - Give your group leader a high five.
 - Sit down.
- Touch your toes.
 - Spin around two times.
 - Do three jumping jacks.
 - Sit down.
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- Whisper your name two times.
 - Touch your knees.
 - Do three jumping jacks.
 - Sit down.
- Chirp like a bird.
 - Count to five out loud.
 - Fist bump a leader.
 - Sit down.

- Hop on one foot.
- Clap your hands three times.
- Touch your toes.
- Sit down.

- Skip in a circle.
- Hop on one foot
- Clap your hands two times.
- Sit down.

- Whisper your name two times.
- Give your leader a high five.
- Pat the top of your head two times.
- Sit down.

- Meow like a cat.
- Draw a circle in the air.
- Spin around two times.
- Sit down.