

KEVIN THE KANGAROO SAYS:  
"JUMP UP AND DOWN."



Two-footed standing  
jump with waving arms.

COLIN THE CRAB SAYS:  
"WALK SIDWAYS."



Take side steps one  
way, then the other.

FRAN THE FLAMINGO SAYS:  
"STAND ON ONE LEG AND  
NOW THE OTHER LEG."



Balance on left foot, then  
balance on right foot.

CHARLIE THE CAT SAYS:  
"STRETCH UP AS FAR  
AS YOU CAN."



Stretch up and try and  
touch the ceiling.

CORA THE COW SAYS:  
"MILK A COW."



Move arms up and  
down in milking action.

SACHA THE SNAKE SAYS:  
"SLITHER ALONG THE  
FLOOR."



Lie down and wriggle  
along the floor.

BORIS THE BEAR SAYS:  
"WALK ON ALL FOURS."



Move around on  
hands and feet.

HANS THE HORSE SAYS:  
"TROT AROUND THE ROOM.  
NOW GALLOP."



Jog, lifting knees high  
then run faster.

OLGA THE OSTRICH SAYS:  
"TAKE GREAT BIG STEPS."



Take long strides  
around the room.

EMOCH THE ELEPHANT SAYS:  
"LIFT ME UP."



Pretend to lift up a  
heavy object.

FRIMA THE FROG SAYS:  
"HOP UP AS HIGH AS  
YOU CAN."



Hop on one leg, then  
on the other leg.

PEDRO THE PUPPY SAYS:  
"CHASE YOUR TAIL ROUND  
AND ROUND."



Spin around on  
the spot.

PIPPA THE PENGUIN SAYS:  
"WADDLE FROM SIDE  
TO SIDE."



Stand straight and tilt  
from left to right.

BILLY THE BLACKBIRD SAYS:  
"FLAP YOUR ARMS UP  
AND DOWN."



Raise arms up and down,  
palms facing down.