

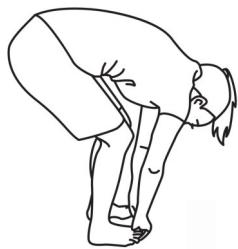
Touch your head



Touch your head



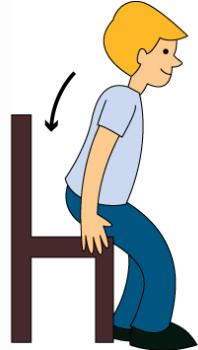
Touch your nose



Clap your hands

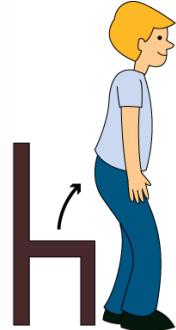


Touch your toes



Sit down

Stand up



Everybody turn around

Put your hands up

Put your hands down

