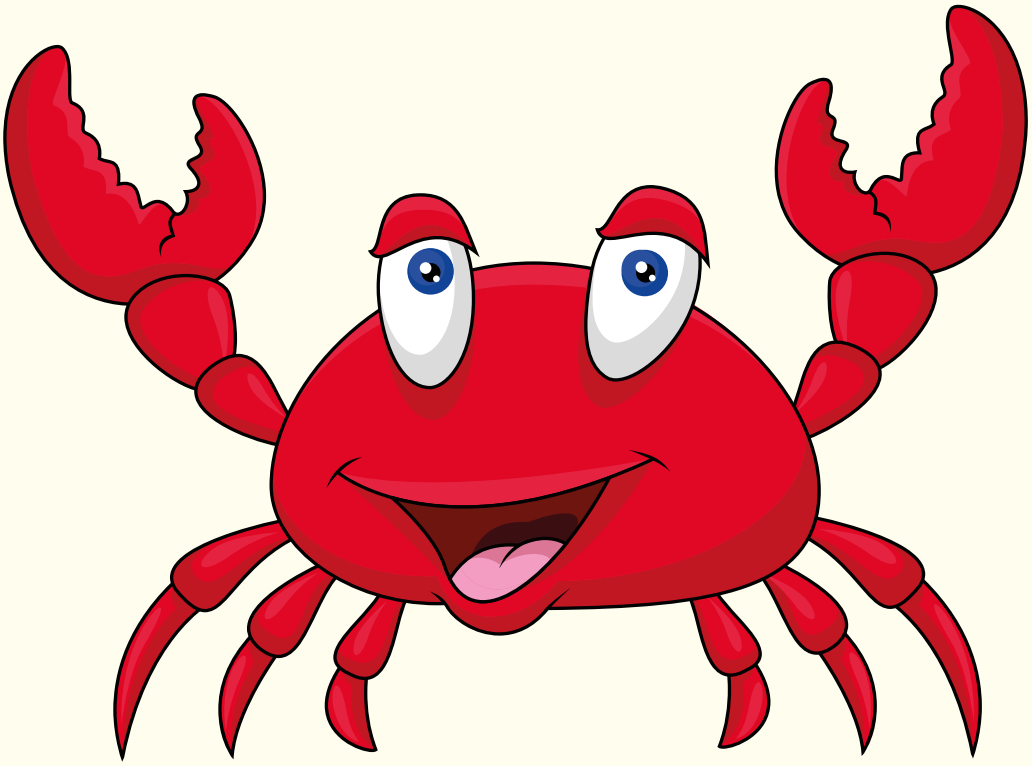
KEVIN THE KANGAROO SAYS:

"JUMP UP AND DOWN."

Two-footed standing jump with waving arms.

COLIN THE CRAB SAYS:

"WALK SIDEWAYS."



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.

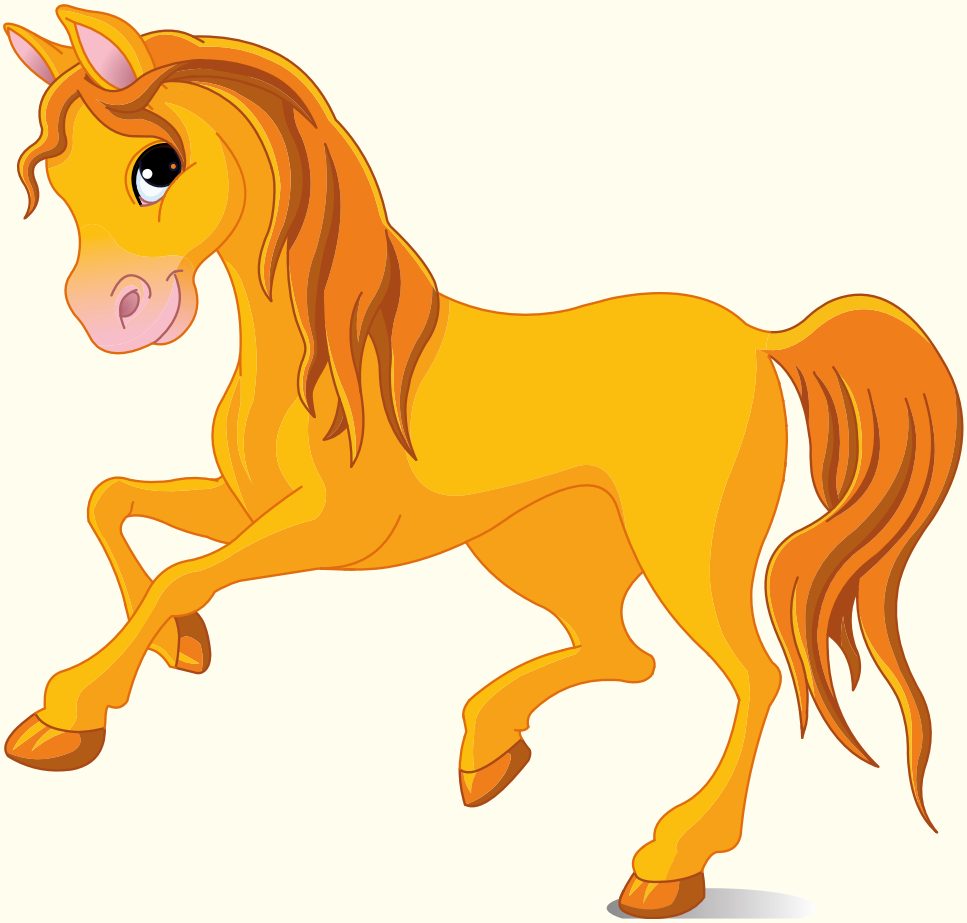
BORIS THE BEAR SAYS:

"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.

ENOCH THE ELEPHANT SAYS:

"LIFT ME UP."

Pretend to lift up a heavy object.

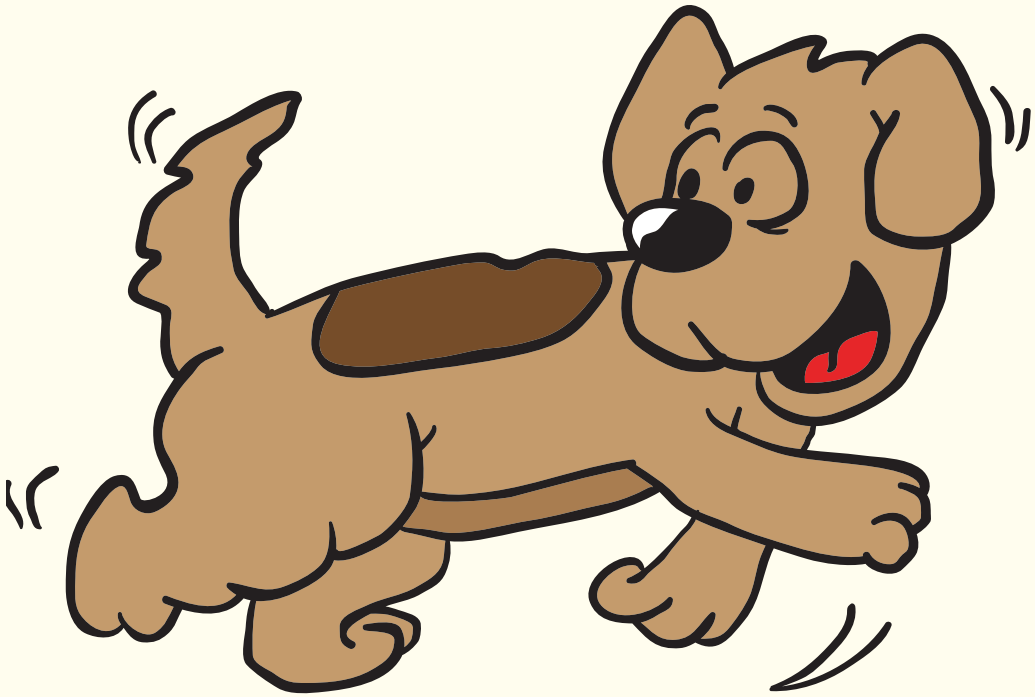
FATIMA THE FROG SAYS:

"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.