

A

Act Alligator

B

Bounce Ball

C

Climb

Clap

D

Do

Dance

E

Exercise

F

Flop Forward

G

Go

Ground

H

Hop

High

I

Inch Inchworm

J

Jump Joy

K

Kindly

Kiss

L

Lift

Leg

M

March Music

N

Nod Noggin

O

Opposite On/Off

P

Push

Pull



Q

Quack Quickly

R

Reach Row

S

Step

Stop

T

Touch Tummy

U

Under Umbrella

V

Vibrate Voice

W

Wiggle Waist

X

X your arms

y

You

Yoga

Z

Zig

Zag