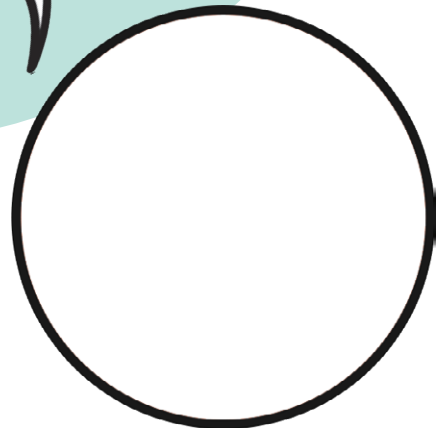
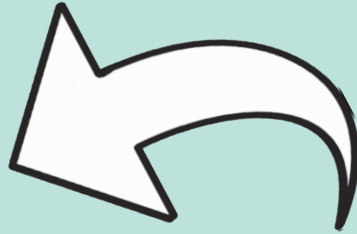
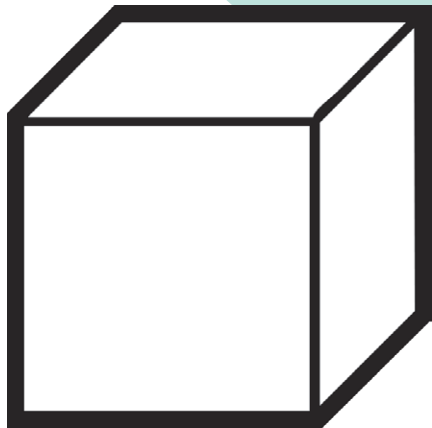
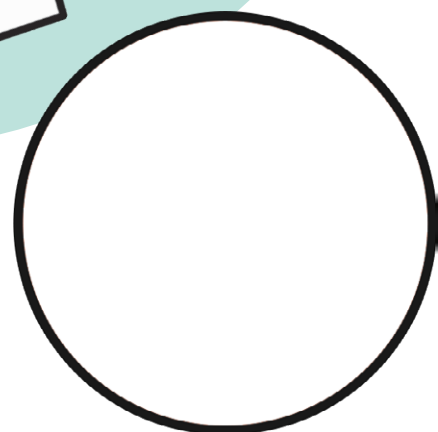
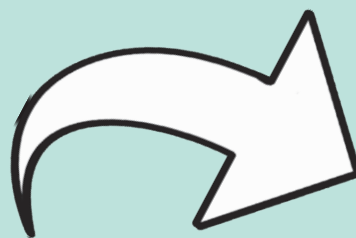
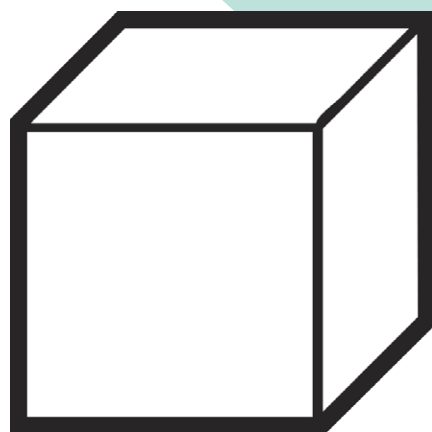


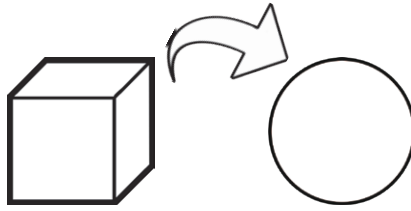
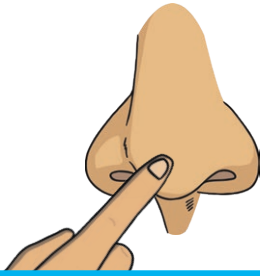
Before



After

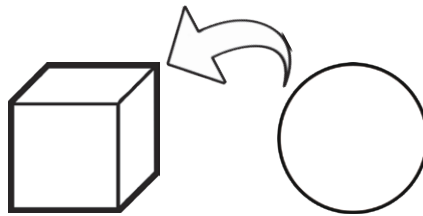


Touch your nose **after** touching your head.



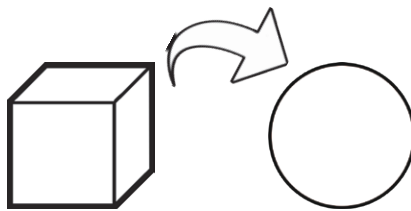
twinkl.com

Wave your hands **before** you sit down.



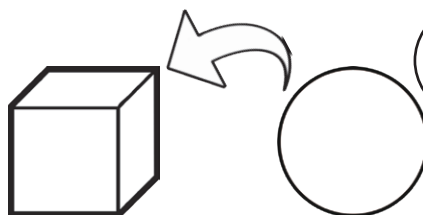
twinkl.com

Put your hands on your head **after** sitting on the floor.



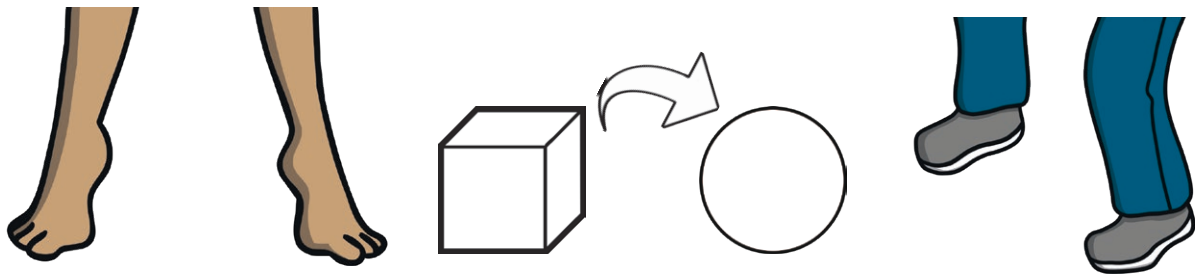
twinkl.com

Find a friend **before** you say 'hello' to them.



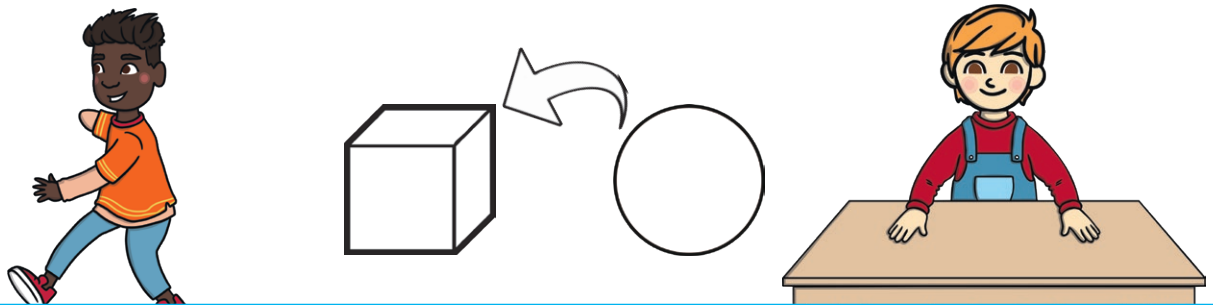
twinkl.com

Tip toe to the door **after** stamping your feet.



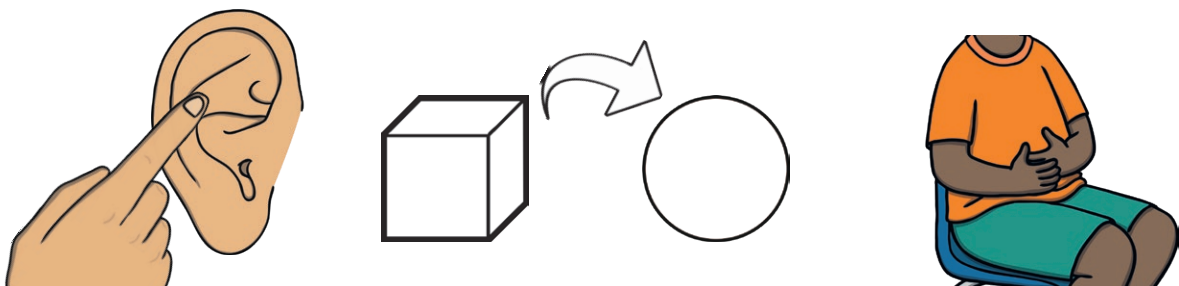
twinkl.com

Walk around the room **before** sitting at your desk.



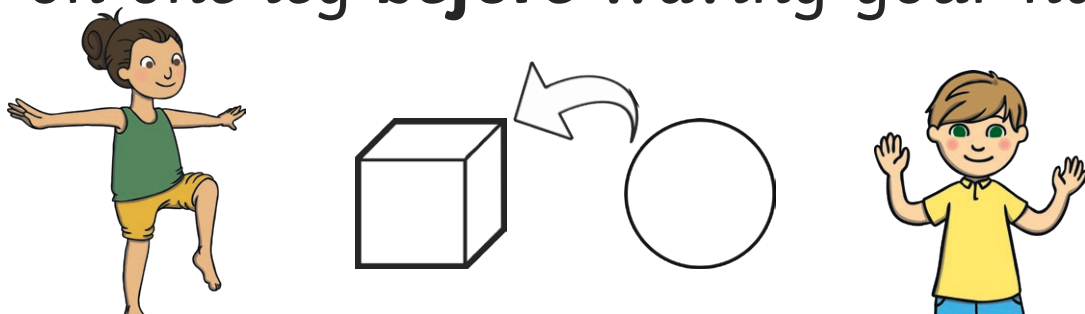
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Touch your ear **after** tickling your belly.



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Hop on one leg **before** waving your hands.



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Jump in the air **before** sitting on the floor.

