|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Stomp your feet**  **5** | **Clap your hands**    **10** | **Jump up and down**    **15** | **Pat your knees**    **20** | **Pat your head**  **25** | **Tap your fingers**  **30** |
| **Do the twist**    **30** | **Bend your knees**  **25** | **Swim**  **20** | **Reach for the stars**    **15** | **Tap your toe**  **10** | **Lift weights**  **5** |
| **Go crazy**    **5** | **Ride a bike**    **10** | **Wave your hands**  **15** | **Stomp your feet**    **20** | **Clap your hands**  **25** | **Jump up and down**    **30** |
| **Pat your head**  **30** | **Tap your fingers**  **25** | **Do the twist**    **20** | **Bend your knees**    **15** | **Swim**    **10** | **Reach for the stars**    **5** |
| **Tap your toe**  **5** | **Lift weights**    **10** | **Go crazy**  **15** | **Ride a bike**  **20** | **Wave your hands**    **25** | **Reach for the stars**  **30** |
| **Stomp your feet**  **30** | **Clap your hands**  **25** | **Jump up and down**    **20** | **Pat your knees**    **15** | **Pat your head**    **10** | **Tap your fingers**  **5** |
| **Do the twist**    **5** | **Bend your knees**    **10** | **Swim**    **15** | **Reach for the stars**    **20** | **Tap your toe**    **25** | **Lift weights**    **30** |
| **Go crazy**  **30** | **Ride a bike**    **25** | **Wave your hands**    **20** | **Reach for the stars**    **15** | **Stomp your feet**    **10** | **Clap your hands**    **5** |
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