



Directions-Directions-Directions

BODY 1 PART

Follow the directions in green.

1. Look to the ceiling
2. Blink your eyes
3. Touch your nose
4. Clap your hands
5. Look to the left
6. Stick out your tongue
7. Cross your feet
8. Touch your right ear
9. Make a fist
10. Cross your arms
11. Touch your elbow
12. Tap your knee
13. Open your mouth
14. Look at the floor
15. Smile
16. Tap your foot
17. Touch your head
18. Close your eyes
19. Relax your hand
20. Yawn

