



Pretend you are holding a ball of Play-Dough.
SQUEE-EEEZE it as hard as you can!
Then, **let it go.**



Make your body **rigid** like a **robot**.
Then, **relax** your body, like a **ragdoll**.



Pretend you are smelling a beautiful **flower**.
Then, pretend you are blowing out
candles on a birthday cake.



Make your **back** very straight,
And make your **stomach** very hard,
So that you can **squeeze** between two trees.
Then, relax and shake it all out!



Silly Face Contest! Make a face:
A **puffer fish**
A **turtle**
A friendly **puppy**
A goofy **monkey**



Take a deep breath,
and blow into the bubble wand
while thinking of what you want to say.
Your words go into the bubble
and float away!

