

Oh no! There is a fly on your nose and you can't get it off with your hand, scrunch your nose so it will go away!

Hold it 1-2-3-4-5

Now it's on your forehead, tighten your face so it will fly away!

Hold it 1-2-3-4-5

Stretch forward like a cat; go forward as far as you can!

Hold it 1-2-3-4-5

Stretch up towards the ceiling like a cat and stretch as tall as you possibly can, taller!

Hold it 1-2-3-4-5

Pretend someone put an ice cube down your back and you are trying to get it out, pull your shoulders back and arch your back.

Hold it 1-2-3-4-5

Tighten your stomach really tight like an elephant is going to step on it

Hold it 1-2-3-4-5

Uh oh! There is a baby elephant coming, tighten it again!

Hold it 1-2-3-4-5

Squeeze both hands like you are squeezing a lemon and getting all of the juice out of them!

Hold it 1-2-3-4-5

Stretch your toes out of in front of you like a ballerina

Hold it 1-2-3-4-5

Stretch your toes towards your nose and flex them

like a ballerina

Hold it 1-2-3-4-5