Hold your breath for 15 seconds.	Clap your hands above your head, 20 times.	Stand up and sit down, 20 times.	Say the Alphabet.	Run around the room 2 times.	Write your name on the Chalk board.	Sing Happy Birthday to your partner.	Take off your shoes and put them back on.
Carry your chair around the room, 2 times.	Draw a pic- ture of an animal on the Chalk board.	Jump up and down 20 times.	Touch your, eyes, ears, mouth, Nose, foot, stom- ach, head, legs. 5 Times	Run around your chair, 10 times.	Turn around 15 times.	Walk backwards around the room.	Sing a Chinese Song to your part- ner.

Tell you partner all the food you ate yesterday.		Clean the room for 30 sec- onds.	Count from 30 to 1.	your Coat Back-	Put a book on top of your head for 15 sec- onds.	your chair for 10	2
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partner a	Candy from	Put one hand on your head and one hand on your foot for 20 sec- onds.	Turn the Lights on and off 3 times.	shut the door 5	Walk out- side the classroom, and come back in.	partner the	Dance for 10 Sec- onds
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Put a piece of paper in your mouth for 15 sec- onds.	cil on your		Hop on one leg for 20 sec- onds	Touch the chalk board and then the door 5 times.	Touch every Chair in the room	Touch the foot of your part- ner, 4 times.	Erase the Chalk board for 30 sec- onds.
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