

Bounce: a-a-a-a-apple Handwrite: Round the apple, down the leaf



Bounce: b-b-b-boot Handwrite: Down the laces to the heel, round the toe



Bounce: c-c-caterpillar Handwrite: Curl around the caterpillar



Bounce: d-d-d-dinosaur Handwrite: Round his bottom, up his tall neck, down to his feet



Bounce: e-e-e-egg Handwrite: Lift off the top and scoop out the egg



Stretch: ffffflower Handwrite: Down the stem, and draw the leaves



Bounce: g-g-g-girl Handwrite: Round her face, down her hair and give her a curl



Bounce: h-h-h-horse Handwrite: Down the head to the hooves and over his back



Bounce: i-i-i-insect Handwrite: Down the body, dot for the head



Bounce:
j-j-j-jackin-a-box
Handwrite:
Down his body
curl and dot



Bounce: k-k-k-kangaroo Handwrite: Down the kangaroo's body, tail and leq



Stretch: Illleg Handwrite: Down the long leg



Stretch: mmmmountain Handwrite: Maisie, mountain, mountain



Bounce: qu-qu-qu-queen Handwrite: Round her head, up past her earrings and down her hair



Stretch: vvvvvulture Handwrite: Down a wing, up a wing



Stretch: nnnnnet Handwrite: Down Nobby, over his net



Stretch: rrrrobot Handwrite: Down his back, then curl over his arm



Bounce: w-w-w-worm Handwrite: Down, up, down, up



Bounce: 0-0-0-orange Handwrite: All around the orange



Stretch: sssssnake Handwrite: Slither down the snake



Bounce: x-x-x-exercise Handwrite: Down the arm and leg and repeat the other side



Bounce: t-t-t-tower Handwrite: Down the tower, across the tower



Bounce: p-p-p-pirate Handwrite: Down the plait and over the pirates face



Bounce: u-u-u-umbrella Handwrite: Down and under, up to the top and draw the puddle



Bounce: y-y-y-yak Handwrite: Down a horn up a horn and under his head



Stretch: zzzzzip Handwrite: Zig-zag-zig