



Walk like a zombie







Jump with fright



Jump into the air like you've had a great scare





Flap like a bat



Flap your arms like a bat flying into the night







Pretend to wrap bandages around your arms, legs and middle (Can you stand on one leg while you wrap the other?)





Bob for apples



Slowly bend from your hips like you're bobbing for apples



Stretch like a cat

6



Slowly round your back (standing up, or on the floor on hands and knees if there is space)



