

Are you Ready? Let's Go!



# MY BOOK

Are you Ready?

Let's Go!



My Name is \_\_\_\_\_

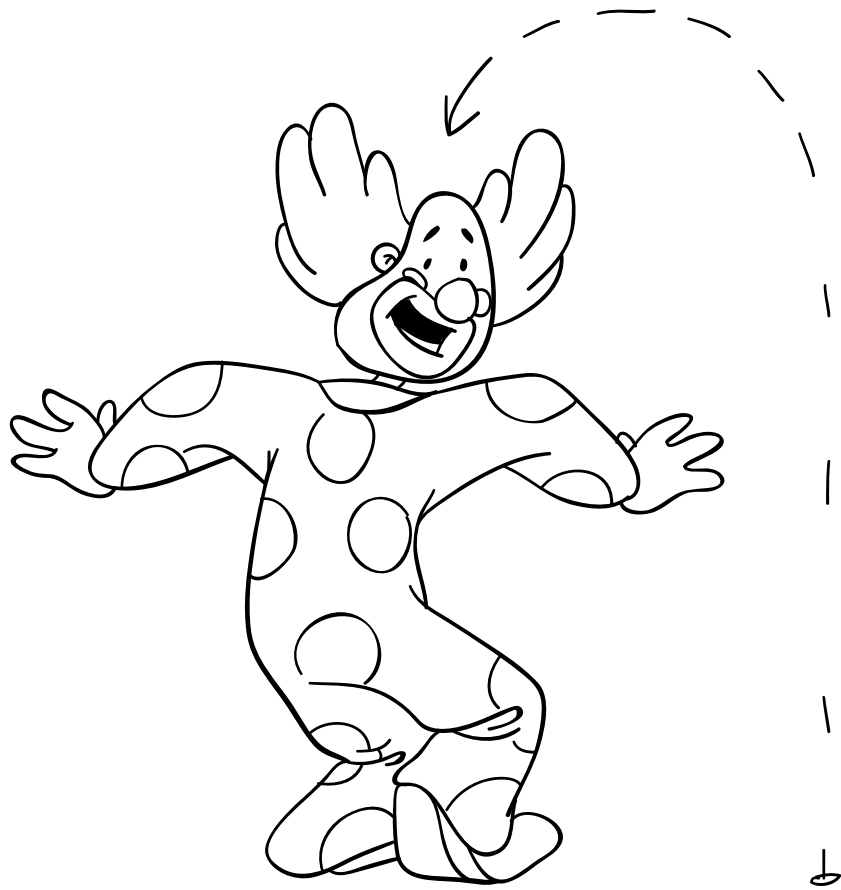


Let's do some exercises  
with Charlie the clown.

Stand up



and clap 6 times.



Jump to the left.



Turn around 8 times.



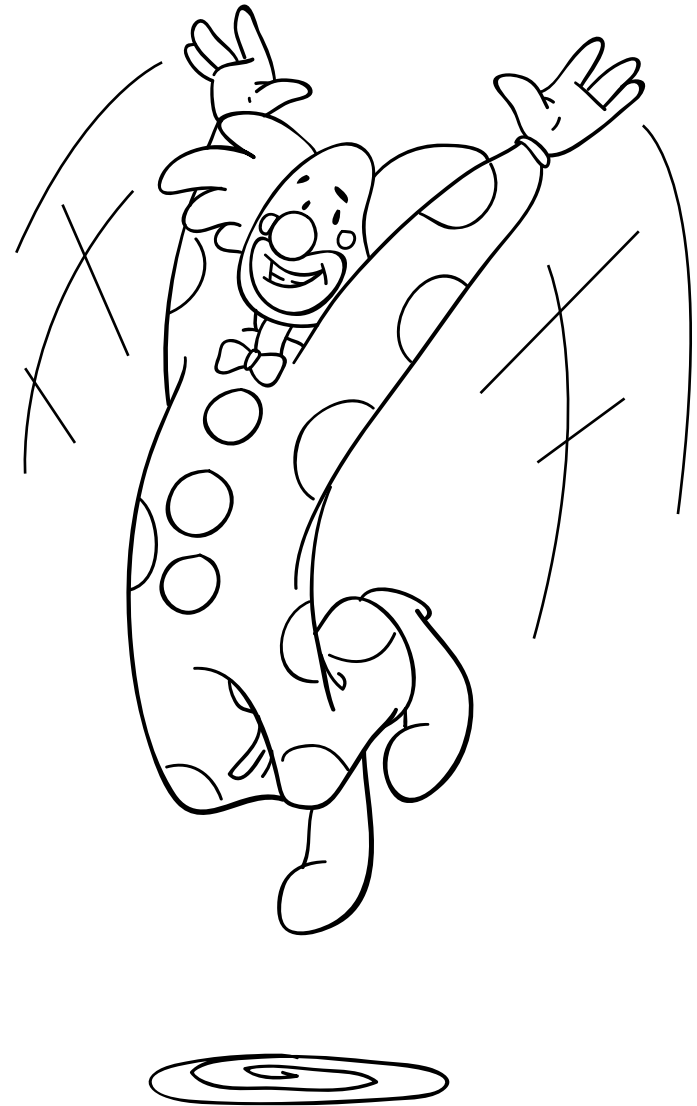
Jump forward and  
back 10 times.



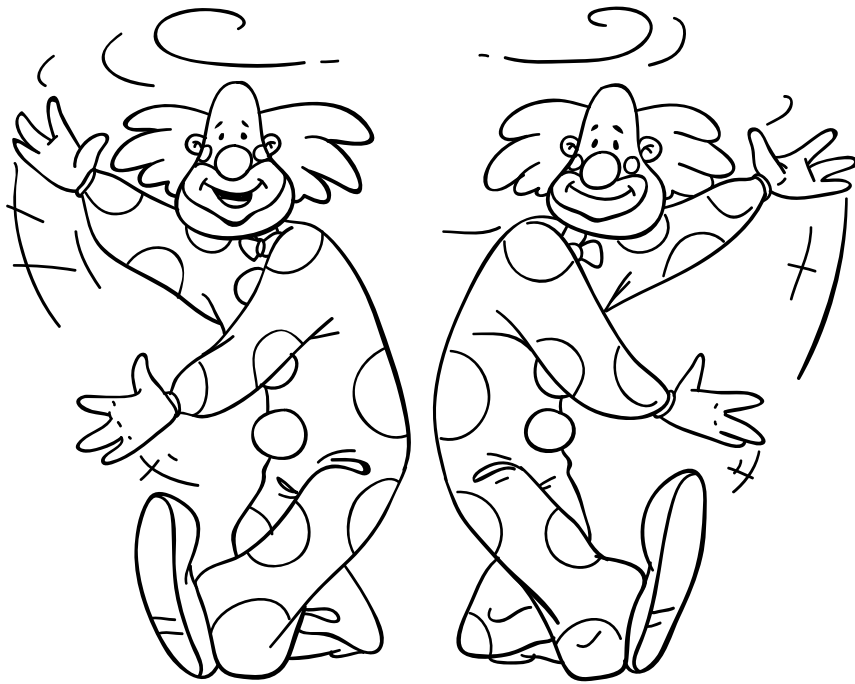
Jump to the right.



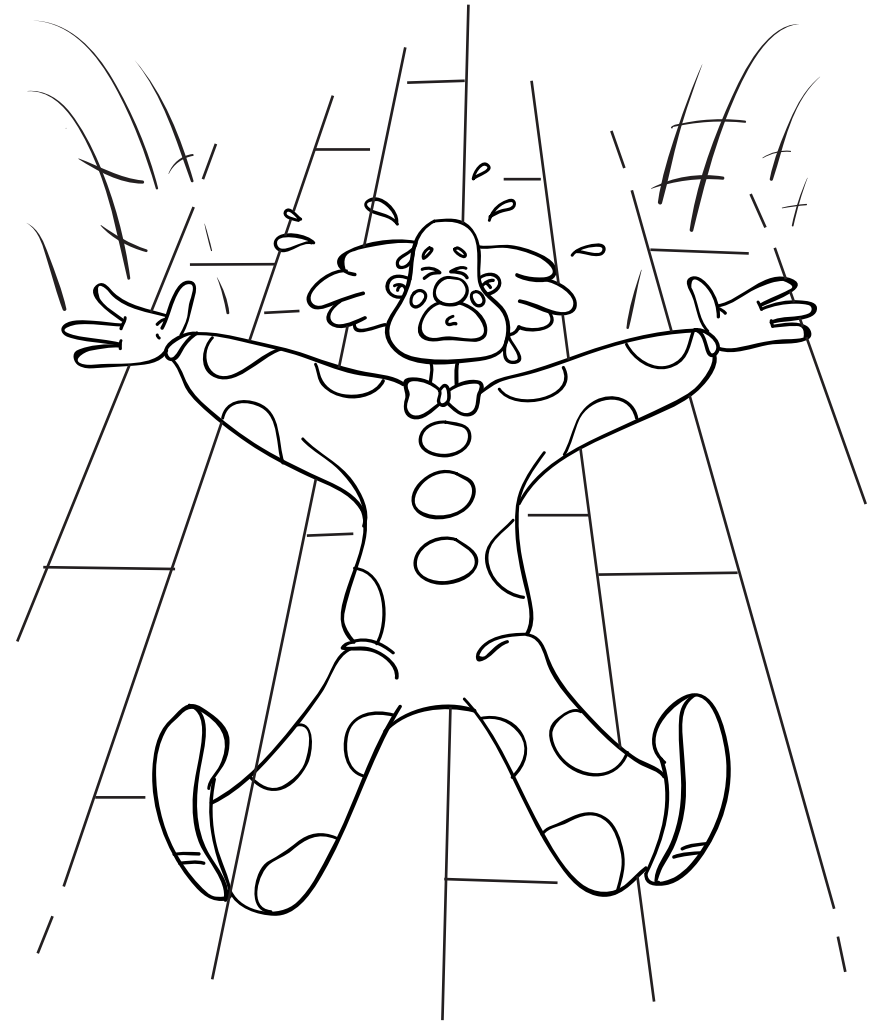
Touch the ground  
5 times.



Jump up and down  
7 times.



Turn to the left and turn  
to the right 10 times.



Poor Charlie!  
He's exhausted!