

## 'Body English' Messages

STAND ON ONE FOOT SINGING 'JINGLE BELLS.'

BUILD A TALL TOWER MADE ONLY OF SHOES.

SHAKE THE HANDS OF AT LEAST THREE PEOPLE.

SITTING DOWN, FORM A CIRCLE HOLDING HANDS.

SING 'TWINKLE TWINKLE LITTLE STAR' SPEEDILY.

PICK A PARTNER & DANCE THE WALTZ WITH THEM.

WHISTLE 'WHEN THE SAINTS COME MARCHING IN.'

GET ON HANDS AND KNEES AND BARK LIKE A DOG.

HOP ON ONE LEG FOR TWENTY-FIVE SECONDS.

HOLD HANDS IN A CIRCLE FACING OUTWARDS.

BOUNCE UP & DOWN LIKE A CUTE KANGAROO.

FORM A STRAIGHT LINE & DANCE THE CONGO.