



wellcometrust

Body Challenge Cards

www.getinthezone.org.uk

Can you ...



stand like this?



wellcome trust

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Can you ...



stand like this?



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Can you ...



stand like this?



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Body Challenge Cards

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Can you ...



roll your tongue?



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Can you ...



point your tongue?



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Can you ...



do this?



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Can you ...



do this?



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Can you ...



do this?



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Can you ...



touch your toes?



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Can you ...



smile?



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Can you ...



click your fingers?



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Can you ...



make a crab?



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Can you ...



do this?



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Can you ...



wiggle your nose?



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Can you ...



make a pop?



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Can you ...



do this?