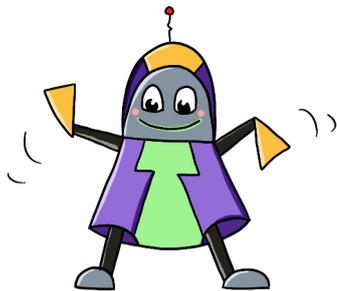


Danser comme un  
robot



Faire la position de la  
tortue

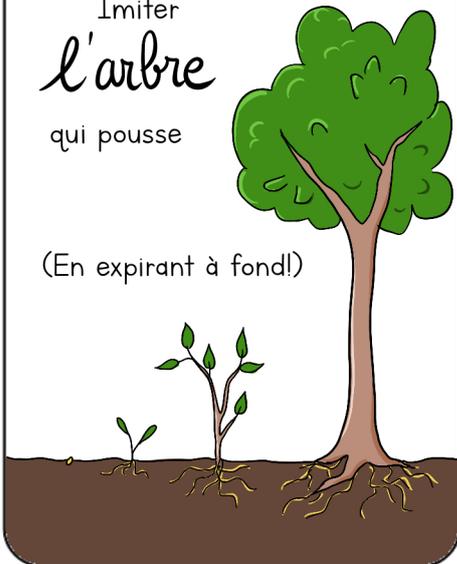


Dessiner un  
arc-en-ciel

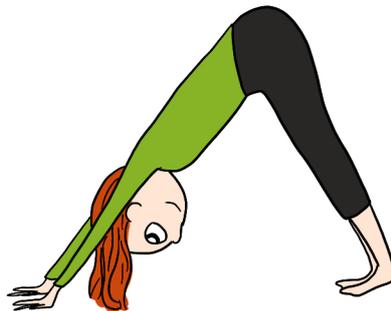


Imiter  
l'arbre  
qui pousse

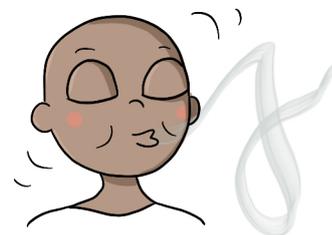
(En expirant à fond!)



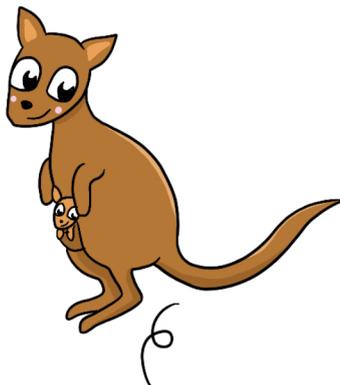
Faire  
le chien  
tête en bas



Expirer son  
prénom



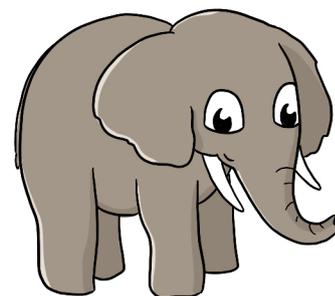
Sauter comme un  
kangourou



Marcher comme un  
ours



Danser comme un  
éléphant



Marcher comme un  
zombie



Sauter comme une  
grenouille



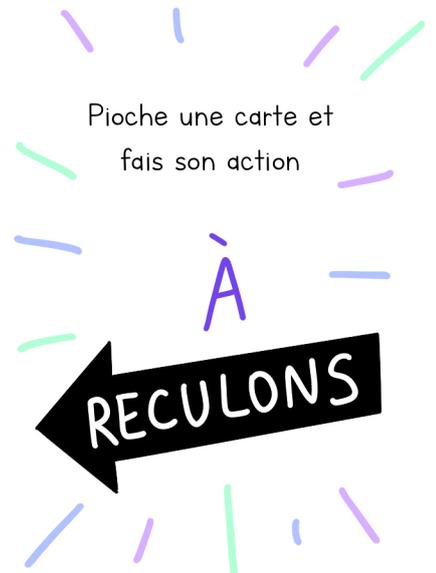
Se déplacer en  
crabe



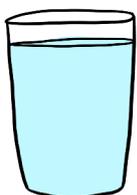
Galoper sur un  
cheval  
imaginaire



Pioche une carte et  
fais son action



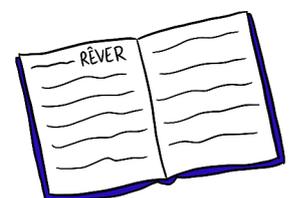
Boire un verre  
d'eau



Ramper  
comme  
un  
serpent

Ouvrir un  
livre

au hasard, choisir une phrase  
et faire l'action du verbe !



Rugir comme un

lion

(Évacue tout ce qui t'agace)



Chanter !



Sauter

le plus haut possible

Marcher

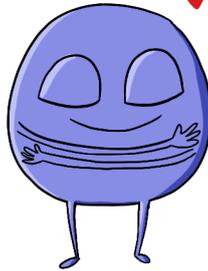
comme si tu étais sur un lac gelé



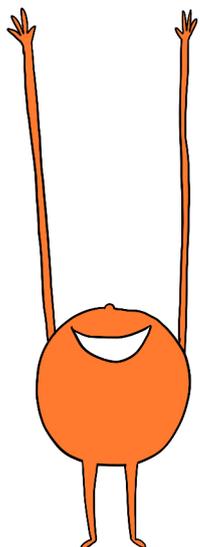
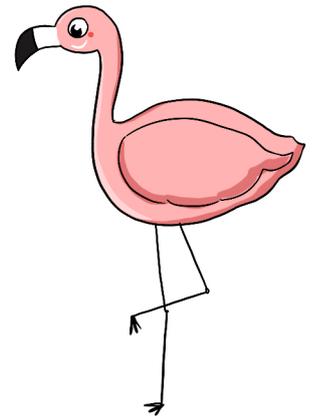
Se faire un

câlin

à soi-même



Prendre la pose du  
flamant rose



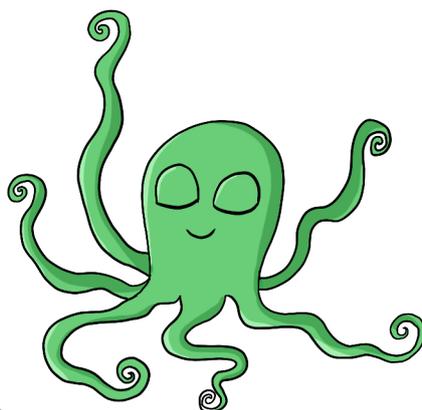
Essayer de  
toucher le

ciel

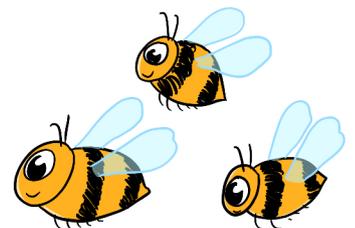
avec ses bras

Imiter le

poulpe

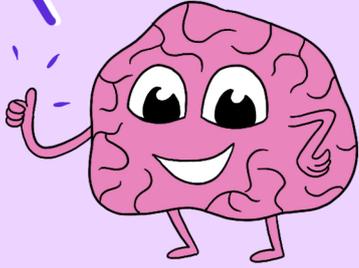


Tourner comme une



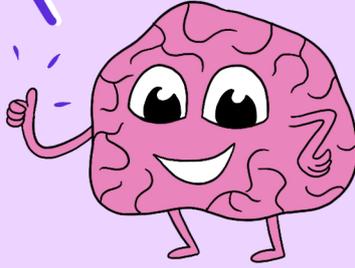
abeille

POUCE !



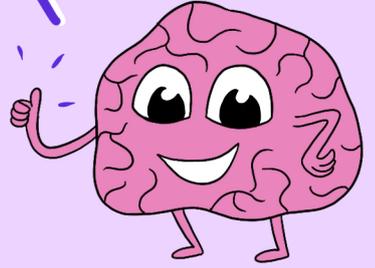
[www.nayuresetratures.fr](http://www.nayuresetratures.fr)

POUCE !



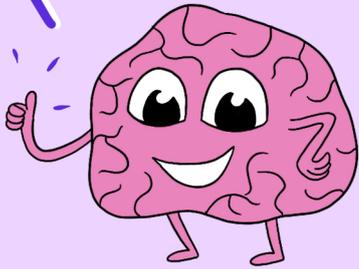
[www.nayuresetratures.fr](http://www.nayuresetratures.fr)

POUCE !



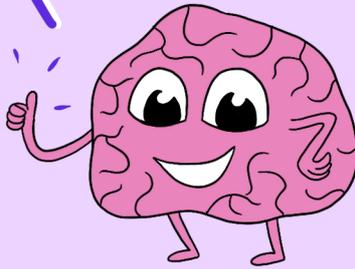
[www.nayuresetratures.fr](http://www.nayuresetratures.fr)

POUCE !



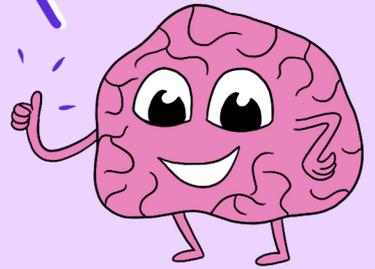
[www.nayuresetratures.fr](http://www.nayuresetratures.fr)

POUCE !



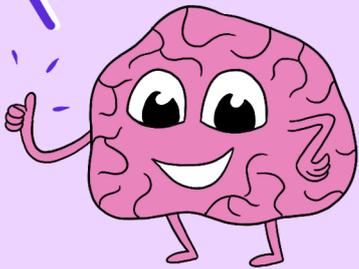
[www.nayuresetratures.fr](http://www.nayuresetratures.fr)

POUCE !



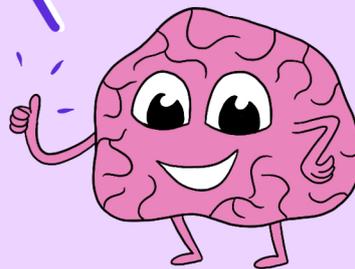
[www.nayuresetratures.fr](http://www.nayuresetratures.fr)

POUCE !



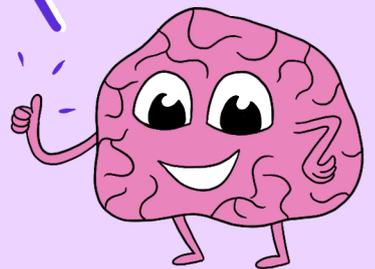
[www.nayuresetratures.fr](http://www.nayuresetratures.fr)

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