

12 Chinese Secrets

1. Take an **ENORMOUS** breath...
2. Whinny like a horse...
3. Walk like a crab...
4. Bob your head like a bird...
5. Be as tall as a giraffe...
6. Hop like a frog...
7. Squeeze...
8. Swim with the dolphins...
9. Go crazy like a monkey...
10. Push your hands together...
11. Stretch!
12. Smile!