

BREATHE, BLOW, COUGH

WAKE UP IN THE MORNING...

1

A deep breath in, a
deep breath out



2

Do a little wiggle,
shake it all about



3

Grab some tissues,
close my mouth,
blow my nose,
make my tissue dance



4

Make a fish face
pop, pop, pop



5

Five nice breaths,
Two good coughs



6

Now let's do some
kangaroo hops



7

Wash my hands

