

Dynamic exercises



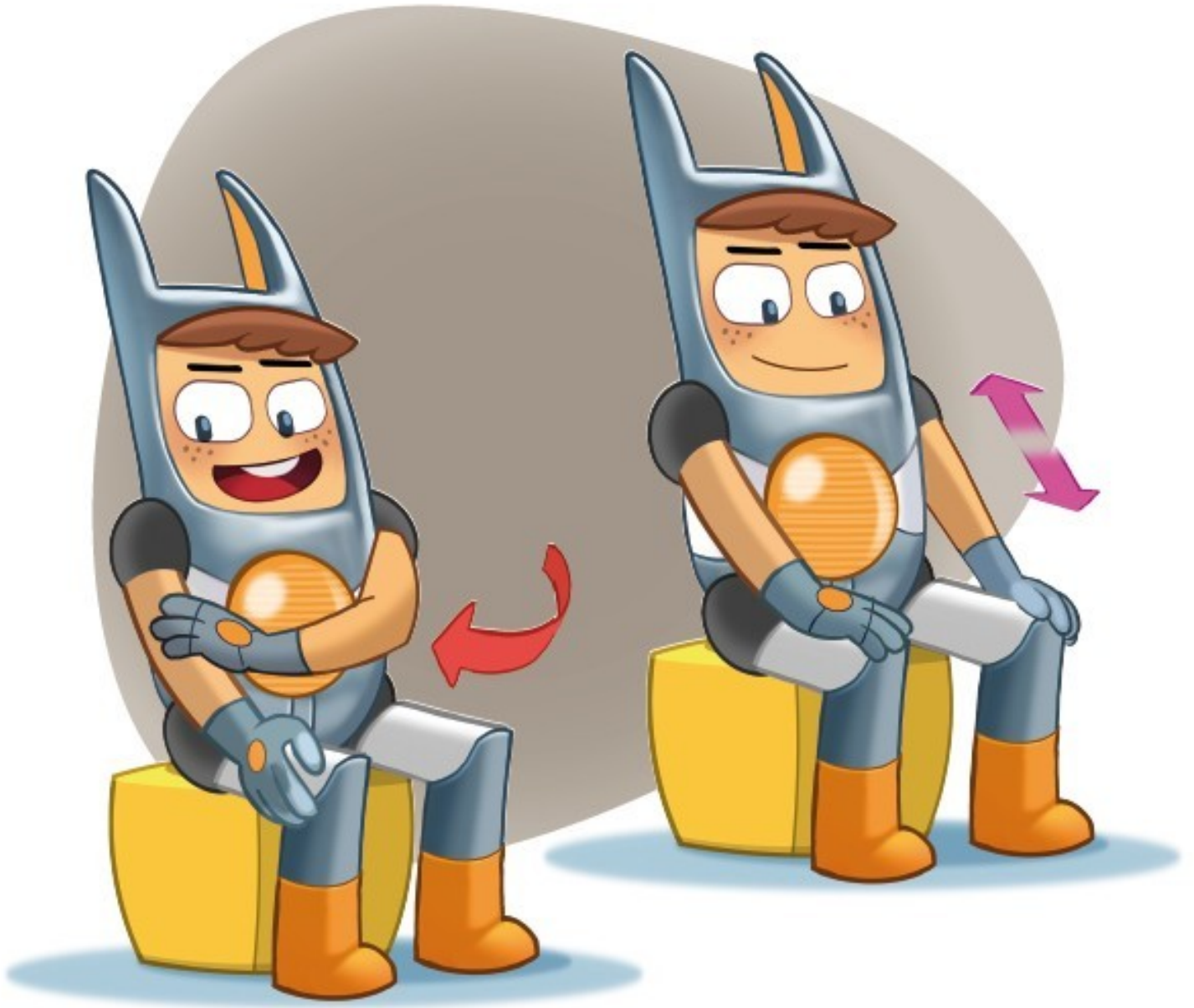
I tap with my fingertips and count to ten.

Dynamic exercises



I rub my face.

Dynamic exercises



I wash my arms and my legs.

Dynamic exercises



I wash my back.

Dynamic exercises



I wash my hair with my fingers.