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| KONORA’S SHAPES  INSTRUCTION CARDS  If possible…  BEND ONE KNEE |  | KONORA’S SHAPES  INSTRUCTION CARDS  If possible…  ROTATE ONE LEG |
| KONORA’S SHAPES  INSTRUCTION CARDS  If possible…  BEND AN ARM |  | KONORA’S SHAPES  INSTRUCTION CARDS  If possible…  REACH ONE LEG UP |
| KONORA’S SHAPES  INSTRUCTION CARDS  If possible…  STRETCH AN ARM |  | KONORA’S SHAPES  INSTRUCTION CARDS  STICK OUT  YOUR TONGUE |
| KONORA’S SHAPES  INSTRUCTION CARDS  If possible…  MAKE ONE  FOOT PARALLEL |  | KONORA’S SHAPES  INSTRUCTION CARDS  SMILE |
| KONORA’S SHAPES  INSTRUCTION CARDS  If possible…  REACH THE TOP OF YOUR HEAD SIDEWAYS |  | KONORA’S SHAPES  INSTRUCTION CARDS  If possible…  BRING YOUR ELBOW TOWARD YOUR KNEE |
| KONORA’S SHAPES  INSTRUCTION CARDS    SAY “I AM AWESOME!” |  | KONORA’S SHAPES  INSTRUCTION CARDS    If possible…  FLEX ONE HAND |
| KONORA’S SHAPES  INSTRUCTION CARDS  If possible…  SHIFT YOUR WEIGHT MORE TOWARD THE MIRROR (OR DOOR) |  | KONORA’S SHAPES  INSTRUCTION CARDS  If possible…  MAKE BOTH YOUR ARMS MATCH |
| KONORA’S SHAPES  INSTRUCTION CARDS  COLLAPSE TO THE FLOOR THEN REMAKE YOUR SHAPE |  | KONORA’S SHAPES  INSTRUCTION CARDS  If possible…  TURN HALFWAY AROUND OR AS MUCH  AS POSSIBLE |
| KONORA’S SHAPES  INSTRUCTION CARDS  PUT BOTH FEET ON THE FLOOR, JUMP ONCE, AND RETURN TO YOUR SHAPE |  | KONORA’S SHAPES  INSTRUCTION CARDS  PUSH ENERGY OUT THROUGH YOUR HANDS |
| KONORA’S SHAPES  INSTRUCTION CARDS  LOOK AT SOMEONE ELSE AND MAKE THEIR SHAPE  (IF ALONE, TAKE A NEW CARD) |  | KONORA’S SHAPES  INSTRUCTION CARDS  If possible…  MAKE YOUR ELBOWS FACE OUT |
| KONORA’S SHAPES  INSTRUCTION CARDS  If possible…  MAKE YOUR KNEES FACE OUT |  | KONORA’S SHAPES  INSTRUCTION CARDS  CHOOSE A BODY PART THAT IS MELTING |
| KONORA’S SHAPES  INSTRUCTION CARDS  MAKE THE MIRROR VERSION OF YOUR SHAPE |  | KONORA’S SHAPES  INSTRUCTION CARDS  LAY DOWN AND MAKE A SIDEWAYS VERSION OF YOUR SHAPE |
| KONORA’S SHAPES  INSTRUCTION CARDS  PRETEND SOMEONE WILL TAKE A PICTURE. WHAT CHANGE DO YOU  WANT TO MAKE? |  | KONORA’S SHAPES  INSTRUCTION CARDS  If possible…  FLEX ONE FOOT |
| KONORA’S SHAPES  INSTRUCTION CARDS  If possible…  TAKE YOUR SHAPE TO YOUR KNEES |  | KONORA’S SHAPES  INSTRUCTION CARDS  TAKE A DEEP BREATH AND BLOW IT OUT |
| KONORA’S SHAPES  INSTRUCTION CARDS  LIFT YOUR SHOULDERS TO YOUR EARS |  | KONORA’S SHAPES  INSTRUCTION CARDS  TOUCH ANY TWO BODY PARTS TOGETHER |
| KONORA’S SHAPES  INSTRUCTION CARDS  SEND OUT YOUR SPIDEY WEB |  | KONORA’S SHAPES  INSTRUCTION CARDS  If possible…  IMAGINE A SPIDER CRAWLING ON YOUR SHOULDER |
| KONORA’S SHAPES  INSTRUCTION CARDS  CREATE A SITTING VERSION OF YOUR SHAPE |  | KONORA’S SHAPES  INSTRUCTION CARDS  CREATE AN UPSIDE-DOWN VERSION OF YOUR SHAPE |
| KONORA’S SHAPES  INSTRUCTION CARDS  TOUCH TWO FINGERTIPS TO THE TIP OF YOUR THUMB |  | KONORA’S SHAPES  INSTRUCTION CARDS  MAKE YOUR SHAPE MORE ROUNDED |
| KONORA’S SHAPES  INSTRUCTION CARDS  STRETCH YOUR SHAPE OUT IN EVERY DIRECTION POSSIBLE |  | KONORA’S SHAPES  INSTRUCTION CARDS  KEEP YOUR SHAPE AS MUCH AS POSSIBLE  WHILE YOU MOVE  IN ANY DIRECTION |
| KONORA’S SHAPES  INSTRUCTION CARDS  CHANGE ANY ARM OR LEG SHAPE |  | KONORA’S SHAPES  INSTRUCTION CARDS  MAKE YOUR SHAPE WIDER |
| KONORA’S SHAPES  INSTRUCTION CARDS  MAKE YOUR SHAPE  SHORTER |  | KONORA’S SHAPES  INSTRUCTION CARDS  REACH YOUR CHEST TO THE CEILING AND COUNT TO 3 |