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| KONORA’S SHAPESINSTRUCTION CARDSIf possible…BEND ONE KNEE |  | KONORA’S SHAPESINSTRUCTION CARDSIf possible…ROTATE ONE LEG |
| KONORA’S SHAPESINSTRUCTION CARDSIf possible…BEND AN ARM |  | KONORA’S SHAPESINSTRUCTION CARDSIf possible…REACH ONE LEG UP |
| KONORA’S SHAPESINSTRUCTION CARDSIf possible…STRETCH AN ARM |  | KONORA’S SHAPESINSTRUCTION CARDSSTICK OUT YOUR TONGUE |
| KONORA’S SHAPESINSTRUCTION CARDSIf possible…MAKE ONE FOOT PARALLEL  |  | KONORA’S SHAPESINSTRUCTION CARDSSMILE |
| KONORA’S SHAPESINSTRUCTION CARDSIf possible…REACH THE TOP OF YOUR HEAD SIDEWAYS |  | KONORA’S SHAPESINSTRUCTION CARDSIf possible…BRING YOUR ELBOW TOWARD YOUR KNEE |
| KONORA’S SHAPESINSTRUCTION CARDSSAY “I AM AWESOME!” |  | KONORA’S SHAPESINSTRUCTION CARDSIf possible…FLEX ONE HAND |
| KONORA’S SHAPESINSTRUCTION CARDSIf possible…SHIFT YOUR WEIGHT MORE TOWARD THE MIRROR (OR DOOR) |  | KONORA’S SHAPESINSTRUCTION CARDSIf possible…MAKE BOTH YOUR ARMS MATCH |
| KONORA’S SHAPESINSTRUCTION CARDSCOLLAPSE TO THE FLOOR THEN REMAKE YOUR SHAPE |  | KONORA’S SHAPESINSTRUCTION CARDSIf possible…TURN HALFWAY AROUND OR AS MUCH AS POSSIBLE |
| KONORA’S SHAPESINSTRUCTION CARDSPUT BOTH FEET ON THE FLOOR, JUMP ONCE, AND RETURN TO YOUR SHAPE |  | KONORA’S SHAPESINSTRUCTION CARDSPUSH ENERGY OUT THROUGH YOUR HANDS |
| KONORA’S SHAPESINSTRUCTION CARDSLOOK AT SOMEONE ELSE AND MAKE THEIR SHAPE (IF ALONE, TAKE A NEW CARD) |  | KONORA’S SHAPESINSTRUCTION CARDSIf possible…MAKE YOUR ELBOWS FACE OUT |
| KONORA’S SHAPESINSTRUCTION CARDSIf possible…MAKE YOUR KNEES FACE OUT |  | KONORA’S SHAPESINSTRUCTION CARDSCHOOSE A BODY PART THAT IS MELTING |
| KONORA’S SHAPESINSTRUCTION CARDSMAKE THE MIRROR VERSION OF YOUR SHAPE |  | KONORA’S SHAPESINSTRUCTION CARDSLAY DOWN AND MAKE A SIDEWAYS VERSION OF YOUR SHAPE |
| KONORA’S SHAPESINSTRUCTION CARDSPRETEND SOMEONE WILL TAKE A PICTURE. WHAT CHANGE DO YOU WANT TO MAKE? |  | KONORA’S SHAPESINSTRUCTION CARDSIf possible…FLEX ONE FOOT |
| KONORA’S SHAPESINSTRUCTION CARDSIf possible…TAKE YOUR SHAPE TO YOUR KNEES |  | KONORA’S SHAPESINSTRUCTION CARDSTAKE A DEEP BREATH AND BLOW IT OUT |
| KONORA’S SHAPESINSTRUCTION CARDSLIFT YOUR SHOULDERS TO YOUR EARS |  | KONORA’S SHAPESINSTRUCTION CARDSTOUCH ANY TWO BODY PARTS TOGETHER |
| KONORA’S SHAPESINSTRUCTION CARDSSEND OUT YOUR SPIDEY WEB |  | KONORA’S SHAPESINSTRUCTION CARDSIf possible…IMAGINE A SPIDER CRAWLING ON YOUR SHOULDER |
| KONORA’S SHAPESINSTRUCTION CARDSCREATE A SITTING VERSION OF YOUR SHAPE |  | KONORA’S SHAPESINSTRUCTION CARDSCREATE AN UPSIDE-DOWN VERSION OF YOUR SHAPE |
| KONORA’S SHAPESINSTRUCTION CARDSTOUCH TWO FINGERTIPS TO THE TIP OF YOUR THUMB |  | KONORA’S SHAPESINSTRUCTION CARDSMAKE YOUR SHAPE MORE ROUNDED |
| KONORA’S SHAPESINSTRUCTION CARDSSTRETCH YOUR SHAPE OUT IN EVERY DIRECTION POSSIBLE |  | KONORA’S SHAPESINSTRUCTION CARDSKEEP YOUR SHAPE AS MUCH AS POSSIBLE WHILE YOU MOVE IN ANY DIRECTION |
| KONORA’S SHAPESINSTRUCTION CARDSCHANGE ANY ARM OR LEG SHAPE |  | KONORA’S SHAPESINSTRUCTION CARDSMAKE YOUR SHAPE WIDER |
| KONORA’S SHAPESINSTRUCTION CARDSMAKE YOUR SHAPESHORTER |  | KONORA’S SHAPESINSTRUCTION CARDSREACH YOUR CHEST TO THE CEILING AND COUNT TO 3 |