Name:

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| Task or event | Duration |
| A. Turn around and touch your toes 20 times. |  |
| B. Counting up to 60 in multiples of 2. |  |
| C. Writing your name neatly 6 times with a pencil. Put your pencil down after each time! |  |
| D. Taking off your shoes and socks then putting them back on again. |  |
| E. Walking into every room in your house twice. |  |
| F. Finding the word ‘beautiful’ in a dictionary  OR  Think of as many synonyms for ‘happy’ as you can. |  |
| G. Doing 30 star jumps. |  |
| H. Drawing a picture of a person, an animal and a building. |  |
| I. Spelling two people’s names backwards. |  |