

Use this action rhyme with ten children standing in a line

One, two, three, four
Eat an apple to the core.

*Count four children who
mime eating an apple.*

Five, six, seven, eight
Eat the carrots on your plate.

*Count more children who
mime using knife and fork.*

Nine, ten
Start again!

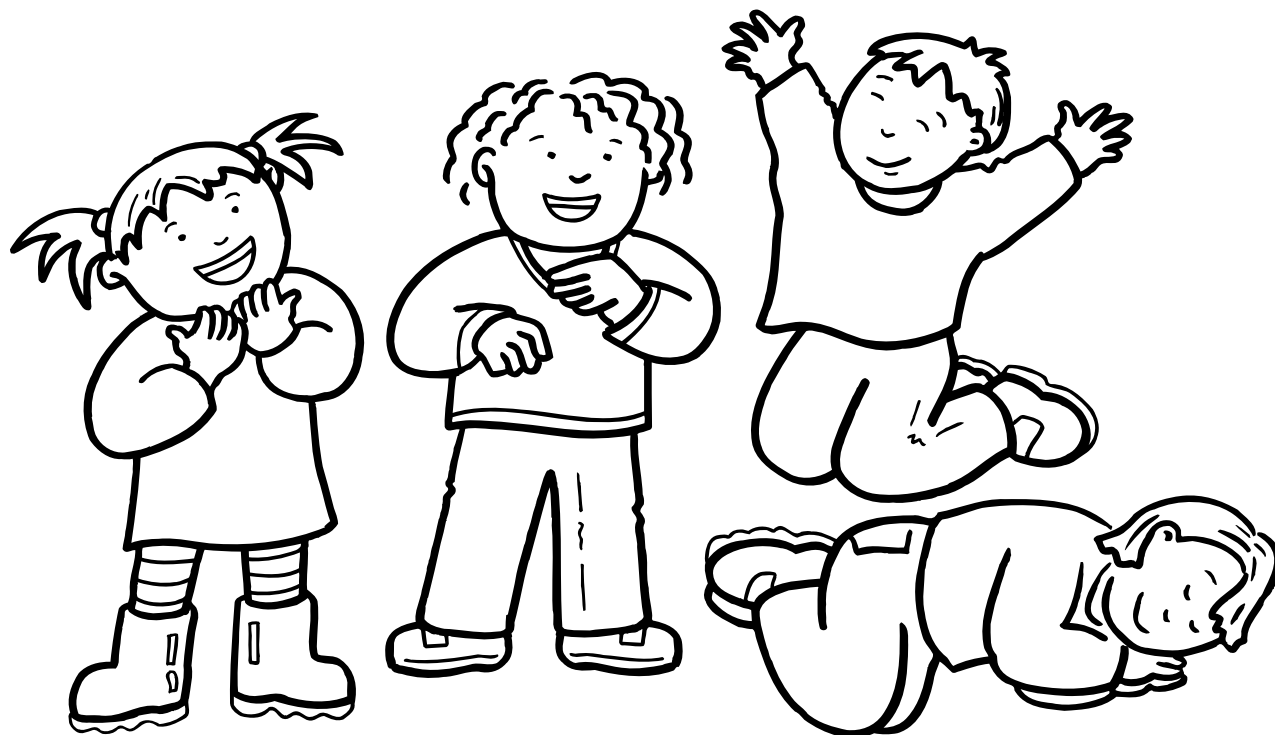
Count two more children.

One, two, three four, five!
Run and play and jump outside.

*Count five children who run,
and jump, and then stop.*

Six, seven, eight, nine, ten
Now it's time to rest again.

*Count more children who lie
down and mime sleeping.*



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