

watch TV

[twinkl.co.uk](https://www.twinkl.co.uk)



brush your hair

[twinkl.co.uk](https://www.twinkl.co.uk)



wave

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go to the supermarket

[twinkl.co.uk](https://www.twinkl.co.uk)



tie your shoe laces

[twinkl.co.uk](https://www.twinkl.co.uk)



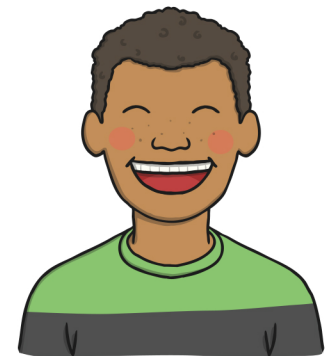
scratch an itch

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go swimming

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smile

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write a sentence

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sneeze

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eat a biscuit

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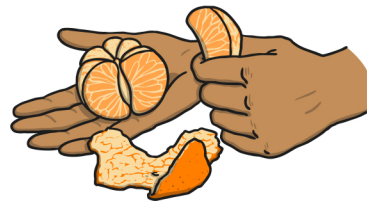
fill a water bottle

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drop something

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peel an orange

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bake a cake

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toast bread

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blink

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go on a bike ride

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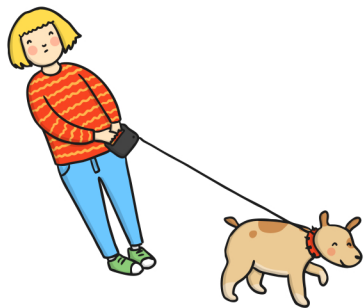
paint a picture

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trip

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walk a dog

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shiver

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play a board game

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water a plant

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What can you do in...
one second?

What can you do in...
one minute?

What can you do in...
one hour?