



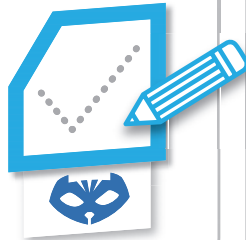
# Hero time with PJ Masks moves!



## JUMP UP!



x10



## CROUCH AND RUN!



## FLAP your arms!



x10

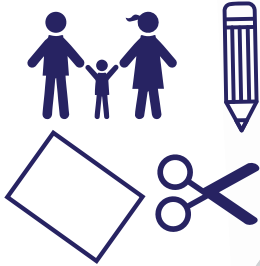




# Action Spinner

Learn the PJ Masks Moves

You will need



- 1 Stick this page onto card and cut out the spinner.
- 2 Push a pencil through the dot in the middle.
- 3 Spin the spinner. Do the action it lands on.

**GOOD LUCK!**



**Jump**  
FIVE times!

**Stand**  
on one foot

**Toe touch**  
FIVE times

**Flap**  
and count to TEN!

**Arm Stretch**  
and count up to TEN!

**Listen**  
to THREE things!

