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 	 <p>snake</p>	Show your teeth and and let the s hiss out ssssss ssssss	Under the snake's chin, slide down and round its tail.
 	 <p>astronaut</p>	Open your mouth wide and make the 'a' sound at the back of your mouth a a a	Around the astronaut's helmet, and down into space.
 	 <p>tiger</p>	Open your lips; put the tip of your tongue behind your teeth and press t t t	From the tiger's nose to its tail, then follow the stripe across the tiger.
 	 <p>penguin</p>	Bring your lips together and push them open and say p p p	Down the penguin's back, up and round its head.
 	 <p>iguana</p>	pull your lips back and make the 'i' sound at the back of your mouth i i i	Down the iguana's body, then draw a dot [on the leaf] at the top.

 	 <p>net</p>	<p>Open your lips a bit, put your tongue behind your teeth and make the <b>nnnnn</b> sound <b>nnnnn</b></p>	<p>Down the stick, up and over the net.</p>
 	 <p>mouse</p>	<p>Put your lips together and make the <b>mmmmm</b> sound <b>mmmmm</b></p>	<p>Down, up and over the mouse's ears, then add a flick on the nose.</p>
 	 <p>duck</p>	<p>Put your tongue to the top and front of your mouth and make a quick d sound <b>d d d</b></p>	<p>Round the duck's body, up to its head and down to its feet.</p>
 	 <p>goat</p>	<p>Give me a big smile that shows your teeth. Press the middle of your tongue to the top and back of your mouth and push your tongue down and forward to make the sound <b>g g g</b></p>	<p>Round the goat's face, up to his ear; down and curl under his chin</p>
 	 <p>octopus</p>	<p>Make your mouth into round shape and say <b>o o o</b></p>	<p>All around the octopus.</p>

 	 <p>cat</p>	<p>Open your mouth into a little smile, make your tongue flat and move it up towards the top of your mouth to say <b>c c c</b></p>	<p>Curl around the cat.</p>
 	 <p>kite</p>	<p>Open your mouth into a little smile, make your tongue flat and move it up towards the top of your mouth to say <b>k k k</b></p>	<p>Down the kite, up and across, loop back and down to the corner.</p>
 	 <p>sock</p>	<p>Open your mouth into a little smile, make your tongue flat and move it up towards the top of your mouth to say <b>c c c</b></p>	<p>Catchphrase: Rock that sock!</p>
 	 <p>elephant</p>	<p>Open your mouth wide and say <b>e e e</b></p>	<p>Around the elephant's eye and down its trunk.</p>
 	 <p>umbrella</p>	<p>Open your mouth wide and say <b>u u u</b></p>	<p>Down and around the umbrella, stop at the top and down to the bottom and flick</p>

 r	 rainbow	<p>Show me your teeth to make a <b>rrrr</b> sound <b>rrrrr rrrrr</b></p>	<p>From the cloud to the ground, up the arch and over the rainbow.</p>
 h	 helicopter	<p>Open your mouth and breathe out sharply <b>h h h</b></p>	<p>Down, up and over the helicopter</p>
 b	 bear	<p>Put your lips together and say <b>b</b> as you open them <b>b b b</b></p>	<p>Down bear's back, up and round his big tummy.</p>
 f	 flamingo	<p>Open your lips a little, put your teeth on your bottom lip and push the air out to make the sound <b>ffffff</b> <b>ffffff</b></p>	<p>Down the flamingo's neck, all the way to its foot, then across its wings.</p>
 l	 lollipop	<p>Open your mouth a little, put your tongue up to the top of your mouth behind your teeth and press <b>lll lll</b></p>	<p>All the way down the lollipop.</p>