

## **MTLRSWChildrenchoose.mp4**

[00:00:00] So you're going to choose an amusement activity for us to do today.

[00:00:06] You want to do that one. Okay. So we're having a stretching one there.

[00:00:12] Yeah. What what about you?

[00:00:17] So you want to do that. So we'll do ten of those. Nice loud voices.

[00:00:28] And. Go and then show me, what's that look like, like that yeah? Okay. That's a nice movement one. Strong legs. Okay. Good.

[00:00:44] And you to?

[00:00:48] Okay. So are we ready, we're all gonna be going down, down, up, up. Ready.

[00:01:01] Good, good, goods. And what do we always finish with? A stretch, there we go, well done.