

ch

z

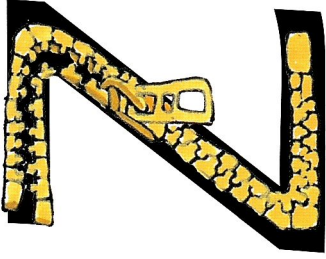
x

nk

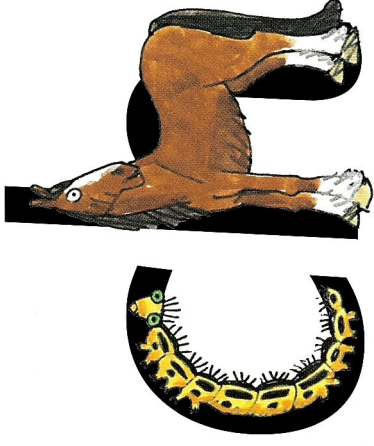
ng



Bounce: x-x-x-exercise  
Handwrite: Down the arm and leg and repeat the other side



Stretch: zzzzzip  
Handwrite: Zig-zag-zig



Bounce: ch-ch-ch-choo!  
The horse sneezes when the caterpillar's hairs get up his nose



Stretch: nnnng  
A thing on a string  
thing, ping, string, wing, sing,  
sang, pong, song



I think I stink

Stretch: nnnnk  
I think I stink  
think, stink, wink, tink, blink, link,  
pink