**zhiibigaadenin**



zhiibigaadenin

zhee-bih-gaah-day-nihn

stretch your legs

**zhiibininjiinin**



zhiibininjiinin

zhee-bih-nihn-jee-nihn

stretch your fingers

**zhiibinikenin**



zhiibinikenin

zhee-bih-nih-kay-nihn

stretch your arms

**zhiibaawaganenin**



zhiibaawaganenin

zhee-baah-oh-gah-nay-nihn

stretch your back

**zhiibizidenin**



zhiibizidenin

zhee-bih-zih-day-nihn

stretch your feet

**zaaminan gizidan**



zaaminan gizidan

zaah-mih-nun gih-zih-dun

touch your toes

**zaaminan gishtigwan**



zaaminan gishtigwan

zaah-mih-nun gish-tih-gwun

touch your head

**zaaminan gimisad**



zaaminan gimisad

zaah-mih-nun gih-mih-sut

touch your stomach

**zaamin gidigoog**



zaamin gidigoog

zaah-mihn gih-dih-goohg

touch your knees

**zaaminan gijaan**



zaaminan gijaan

zaah-mih-nun gih-jaahn

touch your nose

**zaamin gidinimaaganag**



zaamin gidinimaaganag

zaah-mihn   
gih-dih-nih-maah-guh-nug

touch your shoulders

**zaaminan gishkiinzhigoon**



zaaminan gishkiinzhigoon

zaah-mih-nun gi-shkeen-zhih-goohn

touch your eyes

**zaaminan gitawagan**



zaaminan gitawagan

zaah-mih-nun gih-tau-wuh-gun

touch your ears

**zaaminan gidoon**



zaaminan gidoon

zaah-mih-nun gih-doohn

touch your mouth