

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 gidigoo



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