

sunflower seed



To look like a seed, you could curl up into a ball or wrap your arms around your knees as you sit down.

seedling



To look like a seedling, you could stand on one leg and hold your arms out to the sides.

sunflower



To look like a sunflower, you could stretch up tall with your arms above your head.

sunflower drops seeds



To look like a sunflower dropping seeds, you could slowly bend forwards.