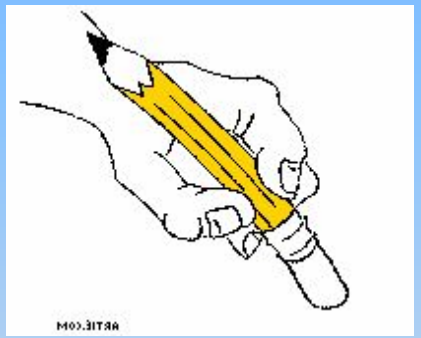
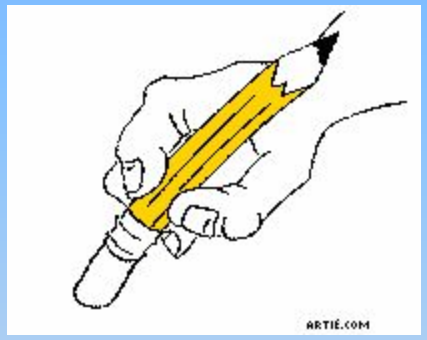
Физкультминутка для кистей рук:

«Делай как я!»

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Здорово!