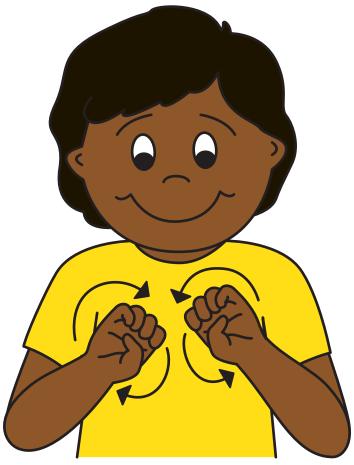
cold



Form fists with both hands and shake them in front of you as if shivering.

experiment



Form E hands with palms facing out. Move both hands in alternating circular motions like rotating gears.