

*Learning Through Movement: seasons and skills*

*Content Lists*



# *Grade Two Movement Demonstration DVD*

## **Chapter I: Opening Movement Basics**

- Skip
- 3-Step
- Gallop
- Stomp
- Scissors Step
- Hop: 1-footed, & Jump: 2-footed
- Circling In, Arms Rising
- Circling Out, Arms Lower
- Circling Out, Arms Rising
- Right Hand Star
- Scythe Swing

## **Chapter II: Oppositional Movement Basics**

- Oppositional Run and Skip
- Oppositional Waves
- Oppositional Carousel
- Oppositional Rock and Bounce

## **Chapter III: Children Demonstrate**

- Simple Gifts
- Old Brass Wagon
- Harvest Crown
- Wild Goose
- Bells of Norwich
- Sally, Sally Water
- Little Johnny England
- Which is the Way the Wind Blows
- Autumn Leaves
- Bells Ring

## **Chapter IV: Midline Activity Basics**

- Cross and Tap
- Basket Weave
- Pitter Patter Polt
- Perry Merry Dicktum
- Running Weave

## **Chapter V: Children Demonstrate**

- Blacksmith
- Pitter Patter Polt
- Cobbler
- Summer's Leaving
- Perry Merry Dicktum
- Shepherd Maiden
- Shuttle

## **Chapter VI: Base Sense/EduK Activities**

- Yoga Boat (Locust)
- Spider
- Star Fairy Curl
- Cobra
- Squat Hop (Frog)
- Squat Hop (Rabbit)
- Bridges
- Lions
- Hot Sand
- Stork Walk
- Neck Rolls
- Swing/Sway
- Spin
- Elemental Spin and Fold
- Grade Two Owl (EduK)
- Grade Two Elephant Ears (EduK)
- Grade Two Lemniscate (EduK)
- Grade Two PACE (EduK)

*(con't next page)*

*(all oppositional patterns used in the opening activities are also used in midline activities)*

### **Chapter VII: Children Demonstrate**

- Stork Walk
- Little Spider
- Long Legged Spider
- Star Fairies
- Cobra
- Lazy Lion
- Butterfly
- Autumn Leaves
- Trees in the Wind
- Avalanche
  
- Hurricanes

### **Chapter VIII: Academic Activities**

- Pronoun Game
- Strange Family
- Tens Additions
- Tens Subtraction
- Times Tables
- Fact Family Game
  
- Place Value
- Silli Billi
- Spelling Games

### **Chapter IX: Children Demonstrate**

- Odd Even Skip
- Strange Family
- Counting By
- Tens Addition
- Tens Subtraction
- Doubles
- Times Tables
- Silli Billi

### **Chapter X: Bean Bag and Rod Basics**

- Toss
- Hand to Hand
- Passing Round

- Pancake
- Rainbow
- Lemniscate/Home bags
- Partner Lemniscate/Home bags
- Lemniscate/Home rods
- Rod Sun/Radial Games
- Knee toss and catch
- Toss and Roll
- Basic Toss
- Basic Balance/Rods

### **Chapter XI: Children Demonstrate**

- Johnny Jump Up
- Squirrels
- Robin Redbreast
- Pancake
- One Whole Class - partners
- Proud Prancing Ponies
- Rod Sun/Star Radial Games
- Turtle Race

### **Chapter XI: Ropes and Games**

- Ropes - all levels
- Hopscotch
- Multiscotch
- "A" my name is Alice - Ball Game

### **Chapter XII: Fingerplays**

- The Old House
- Bee Hive
- Bought Me a Cat
- Our House
- Family Dance
- Husks, Shells, & Clusters
- Milkweed Cradle - *with children*
- Holly and the Evergreen
- Popcorn
- Rabbits - *with children*
- Daisies
- Mama Goose
- Sea Turtle

# Enki Grade Two Song CD #1

**All Season** (\*\* following a song means that it is useful for recorder playing. Single \* are beginners; \*\* are more difficult. See Instruction Manual for the progression of recorder songs and instructions to teach them.)

## Opening/Body Engagement

- 01 *Space Maintainer\**
- 02 Johnny England
- 03 Sally Water
- 04 Simple Gifts
- 05 Old Brass Wagon\*
- 06 Morning Has Come
- 07 Sunrise\*
- 08 The Hour\*
- 09 Ride the Deep Sea\*\*
- 10 Roll River Roll\*
- 11 Which is the Way the Wind\*\*
- 12 Rock Island Line\*
- 13 Sarasponda
- 14 The Eagle\*
- 15 Morning Song\*
- 16 Temple Bells\*

## Midlines and Base Sense

- 17 Shuttle Dance
- 18 Molasses Candy
- 19 Land of the Silver Birch
- 20 Horses\*
- 21 Perry Merry Dicktum\*
- 22 Jenny Jenkins
- 23 Winds Blow\*\*

## Autumn

### Opening/Body Engagement

- 24 Autumn Leaves\*\*
- 25 Come Little Leaves\*\*
- 26 Harvest Crown\*\*
- 27 Leaf Journey
- 28 November\*\*
- 29 Wild Goose Flight\*\*

## Midlines and Base Sense

- 30 Summer's Leaving
- 31 Jolly is the Miller Boy\*\*
- 32 Clouds are Racing\*\*
- 33 October and November
- 34 October Winds
- 35 Colored Leaves\*\*
- 36 The Mill\*\*
- 37 Winds of October
- 38 Recorder Song - Autumn\*

## Winter

### Opening/Body Engagement

- 39 Trees Are Bare
- 40 Winter Walk (Rose Red)\*\*
- 41 Rise with the Morning\*
- 42 King Winter\*\*
- 43 Wind, Wind Blowing\*\*

### Midlines and Base Sense

- 44 North Wind Doth Blow
- 45 Willows Hanging Low
- 46 Jingle Bells
- 47 Over the River
- 48 Sugaring Time/Sleep Root Children
- 49 Sugaring Time/Haul Sweet Water

\* *Space Maintainer*: to make it easier for you to choose from and rearrange these songs, we include a space maintainer at the start of the CD. This 3 seconds of silence can be put any place you need extra time before beginning an activity. So you might put one or two at the start of the session, and you may want to put a few extra seconds after a particularly lively activity. It is included to increase flexibility; use as you see fit, any CD you make will play through these in a continuous manner just like a song. .

# Enki Grade Two Song CD #2

## Spring

### Opening/Body Engagement

01. *Space Maintainer\**
02. Bells of Norwich
03. Gentle Rains\*\*
04. Down in the Meadow\*\*
05. The Cuckoo\*\*
06. Dolphin Sails\*
07. Old Summer Ballad\*
08. Rise with the Morning\*
09. Bells Ring\*\*
10. The Coo Coo
11. Lavender's Blue \*\*

### Midlines and Base Sense:

12. The Dove
13. From Morning Lands
14. Shepherd Maiden
15. Daffodillies
16. Butterfly
17. Spring is Coming\*\*

### Academic Activities

18. Dancing Gnome Dividers\*\*
19. Home

### Fingerplays

20. Bought Me a Cat\*
21. Milkweed Cradle\*\*
22. Holly and the Evergreen

### Spirals

23. In Soft Morning Light\*\*
24. Ghost Dance\*
25. Neesa
26. Mid-Winter Journey

## Graces and Transitions

### All Season

27. Welcome Second Graders (Greeting)\*
28. Make New Friends
29. Look to the Rainbow
30. Yellow the Bracken\*
31. Come Follow
32. Rainbow Bridge (*painting*)
33. Sing Me A Song\*\*
34. Shepherd (Morning Song)\*
35. Sun Is Rising
36. Earth Who Gives To Us This Food\*
37. Blessings On The Blossom
38. Mother Earth Secrets\*
39. Golden In The Garden \*\*
40. Plants Grow Upward
41. Sleeping Seeds \*\*
42. White Coral Bells
43. Wond'rous Hands
44. Gone To Bed
45. Lovely Is The Evening

### Transitions: Music ONLY

#### Quiet times

27. Greensleeves
28. The Ash Grove

#### For Cheerful Cleaning etc.

48. Summer is e-Cumin' in

#### Gathering to leave or adventure

49. Bells of Norwich - instr.
50. Nova Scotia Farewell

\*space maintainer - see CD list #1

# *Codes for Neurological Movement Focus*

This guide is arranged to support the creation of an active and educational circle. It is set up in sections according to the type of activities included. Within each section are gold divider pages separating the seasons. Some activities are useful for more than one undertaking; the divisions made here should not be looked at rigidly. The companion CD is organized by season for more enjoyable listening.

The letters in parentheses ( ) following the title describe the neurological system being focused on by that activity, as described in the introduction of this book.

## ABBREVIATIONS FOR NEUROLOGICALLY FOCUSED DEVELOPMENTAL MOVEMENTS:

- **Rhythm** is emphasized through speech and movement in all activities and therefore is not listed separately.
- **Group forming/** settling the children into being together GF
- **Vestibular:** V (all movement has an effect on the vestibular system; therefore, only those activities with an exceptional and targeted impact on this system are marked.) V/ B means balance is emphasized.
- **Proprioceptive:** P (all movement has an effect on the proprioceptive system; only those activities with an exceptional impact on this system are marked.) Some of the proprioception exercises focus on navel radiation. This is the core proprioceptive pattern and the space from which postural stability, and therefore freedom in movement is found. Those activities involving navel radiation in specific are marked P/NR.
- **Tactile:** T
- **Auditory:** AD and **Visual:** VS (all movement with song or verse, particularly rhythmic verse, affects the auditory and visual systems; therefore, only those activities with an exceptional and targeted impact on this system are marked.)
- **Midlines:**
  - 1) *Lateral - R/L (all skipping and the like have an effect on this midline crossing so only those with particular emphasis on this crossing are marked);*
  - 2) *Horizontal - HM;*
  - 3) *Forward/Back - FB*
- **Hand and finger coordination and wrist flexibility:** HndW (pencil grip and handwriting preparation)





## *Grade Two – Openings and Body Engagement*

CD#2	Season & Activity Type	Pg.	V	P	T	AD	VS	R/L	FB	HM	Hndw
<b>All Season Opening Activities</b>											
#1-02	Little Johnny England (v)	93	x								
#1-03	Sally, Sally Water (FB)	95							x		
#1-04	Simple Gifts (FB, v)	97	x						x		
#1-05	Old Brass Wagon (R/L)*	99						x			
#1-06	Morning Has Come (FB)	101							x		
#1-07	Sunrise (FB) *	103							x		
#1-08	The Hour (R/L, v, FB)*	105	x					x	x		
#1-09	Ride the Deep Sea (FB)**	107							x		
#1-10	Roll River Roll (FB)*	109							x		
#1-11	Which is the Way (FB)**	111							x		
#1-12	Rock Island Line *	113									
#1-13	Sarasponda (FB)	115							x		
#1-14	The Eagle (FB, HM)*	117							x	x	
#1-15	Morning Song (FB)*	119									
#1-16	Temple Bells (FB, HM, AD).*	121				x			x	x	
<b>Autumn Opening Activities</b>											
#1-24	Autumn Leaves (FB, HM)**	125							x	x	
#1-25	Come Little Leaves (v, HM)**	127	x							x	
#1-26	Harvest Crown (R/L, HM)**	129						x		x	
#1-27	Leaf Journey (HM)	131								x	
#1-28	November (R/L, P)**	133		x				x			
#1-29	Wild Goose Flight (FB)**	135							x		
<b>Winter Opening Activities</b>											
#1-39	Trees Are Bare (FB)	139							x		
#1-40	Winter Walk (FB)**	141							x		
V	Ice Dance (v)	143									
#1-41	Rise with Morning (FB, P)*	145		x					x		
#1-42	King Winter**	147									
#1-43	Wind Blowing (HM, R/L, v)**	149	x					x		x	



## Grade Two – Midline Activities

CD#1	Season & Activity Type	Pg.	V	P	T	AD	VS	R/L	FB	HM	Hndw
<b>All Season Opening Activities</b>											
#1-17	Shuttle Song (FB, HM)	183							x	x	
#1-18	Molasses Candy (R/L, HM, FB)	187						x	x	x	
#1-19	Land of the Silver Birch (R/L, HNDW)	189						x			x
#1-20	Horses (R/L, HM)*	191						x		x	
#1-21	Perry Merry Diktum* (R/L, HM, FB)	193						x	x	x	
#1-22	Jenny Jenkins (FB)	195							x		
V	The Barn (T, FB)	197			x				x		
V	Hot Sand (FB)	199							x		
<b>Autumn Midline Activities</b>											
#1-30	Summer's Leaving (R/L, FB)	203						x	x		
#1-31	Jolly is the Miller Boy (FB)**	205							x		
V	Autumn - Gr 2 version (HM)	207								x	
V	Leaves of Autumn (FB)	209							x		
#1-36	The Mill (FB, V)**	211	x						x		
#1-38	Recorder Song (R/L, HNDW)*	213						x			x
V	Cobbler (R/L, HM).	215						x		x	
<b>Winter Midline Activities</b>											
#1-44	North Wind (FB, HM)	221							x	x	
V	Firewood (R/L, HM, FB)	225						x	x	x	
V	Snowstorm (V, R/L, HM)	227	x					x	x		
#1-45	Willows Hanging Low (V, HM)	229	x							x	
<b>Spring/Summer Midline Activities</b>											
#2-11	Lavender's Blue - Gr 2 (FB) **	233							x		
#2-12	The Dove (FB)	235							x		
#2-13	Morning Lands (FB)	239							x		
#2-14	Shepherd Maiden (FB)	241							x		
V	Foxes (R/L, AD)	245				x		x			



## Grade Two – Base Sense and EduK

CD#1	Season & Activity Type	Pg.	V	P	T	AD	VS	R/L	FB	HM	Hndw
<b>All Season Base Sense and EduK Activities</b>											
V	Pacing Grade Two (EduK: R/L, HM, V, P, AD, T)	255	x	x		x		x		x	
V	The Stork – grade two (v)	257	x								
V	Seasonal Lemniscates (EduK: v, VS, HM)	259	x				x			x	
V	Seasonal Spinning Winds (v)	261	x								
V	Owl (EduK: R/L, VS, AD)	263				x	x	x			
V	Elephant Ears (EduK: AD, T)	265			x	x					
V	Elephant Doubles (EduK: R/L, VS, AD, T, HM)	267			x	x	x	x		x	
V	Temperament Verses (P, v)	269	x	x							
V	Neck roll (EduK: AD, VS, R/L)	271				x	x	x			
V	Little Worm (v, P/NR, NECK)	273	x	x							
V	Stork Walk (v)	275	x	x							
V	Frogs (P)	277		x							
V	Tiger Cubs (P/NR)	279		x							
V	Starfish (P/NR)	281		x							
V	Cobra (P/NR)	283		x							
V	Spider – Short (P/NR)	285		x							
V	Spider – Long (P/NR)	287		x							
V	Snail (P/NR, v)	289	x	x							
V	Tug Boat (P/NR)	291		x							
V	Lazy Lion (P)	293									
V	Bridges (P/NR)	295		x							
V	Hurricane/Cyclone (v, P/NR)	297	x	x							
V	Flood (v, P/NR)	299	x	x							
V	Fire (v, P)	301	x	x							
#1-23	Winds Blow (v, P)**	303	x	x							
<i>(other seasons on back)</i>											

CD#1	Season & Activity Type	Pg.	V	P	T	AD	VS	R/L	FB	HM	Hndw
<b>Autumn Base Sense and EduK Activities</b>											
#1-35	Colored Leaves (v, HM)**	307	x							x	
V	Leaf Frolic (v)	309	x								
V	Happy Autumn (v, P)	311	x	x							
V	The Leaves (v)	313	x								
#1-37	Winds of October (v, HM)	315	x							x	
V	Sickle (R/L, HM, v)	317	x					x		x	
#1-32	Clouds Are Racing (v)**	319	x								
#1-33	October and November (v)	321	x								
#1-34	October Winds (v)	323	x								
V	Happy Autumn (v, P)	325	x	x							
V	Wild Winds (v, P)	327	x	x							
<b>Winter Base Sense and EduK Activities</b>											
V	Whirling Snow (v)	331	x								
V	Blizzard (v, P/NR)	333	x	x							
V	Avalanche (v, P/NR)	335	x	x							
V	Sledding (v, P/NR)	337	x	x							
<b>Spring and Summer Base Sense and EduK Activities</b>											
V	Chinook (v, P)	341	x	x							
V	Sandstorm/Dust Devils (v, P)	343	x	x							
V	Thunderstorm (v, P)	345	x	x							
V	Poplars (v)	347	x								
V	Thunderlords (v, P)	349	x	x							
#2-16	Butterfly (P/NR)	351		x							
V	Winds (v, FB)	353	x	x							
V	Caterpillar (P/NR)	355	x	x							
V	Peepers (P/NR, HM)	357	x	x						x	
V	Crab (P)	359		x							
V	Inch Worm (P/NR)	361		x							

## *Grade Two – Academic Activities*

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	Only Ten: digits activity	369
	Even and Odd Dance	371
	Todd/Evan Flash	373
	Contest For A Crown: Greater and Less Game	375
	Greater Less Flash	377
	Ten Facts: Addition Verse	379
	Always Giving - Subtraction Verse	381
	Doubles	383
	Number Fact Baseball	385
	Dancing on the Shore - A Subtraction Game	387
	Strange Family: Counting By/Skip Counting; Sets.	389
#2-19	Dancing Gnome Dividers*	393
	Counting By Flash	395
	Grandfather’s Family: Fact Families	397
	Nesting Dolls: Fact Families	399
	Fact Family Verse	401
	Nine’s Magic	405
	Perfectly Proper Pronouns	407
	Word Family Activity	409
	Tricky Mischief Bags	411
	Multiples in Motion	413
	Place Value Hop	417
	Silli Billi Verse	419
	Two Friends Scramble - <i>action game</i>	421
	Ghost Hunt - <i>action game</i>	423
	Bold Blending - <i>action game</i>	425
	Helpful Elf Stew - <i>action game</i>	427





## *Grade Two - Bean Bags*

### *Table of Contents*

CD#2	Season & Activity Type	Pg.	V	P	T	AD	VS	R/L	FB	HM	Hndw
	Rain (T, AD)	Bk2:15			x	x					
	Digit Magic (T, HNDW)	Bk2:17			x						x
	Counting Up & Back (T, HM, R/L)	Bk2:19			x			x		x	
	Johnny's Tree (T, R/L, HM):	Bk2:21			x			x		x	
	Squirrels (V, T, R/L, FB)	Bk2:23	x		x			x	x		
	Round and Round (V, T, R/L, FB)	Bk2:25	x		x			x	x		
	Pancake Breakfast (T, R/L, HM, FB)	Bk2:27			x			x		x	
	Robin Red Breast (T, HM, R/L):	Bk2:29			x			x		x	
	Waterfall (T, FB, HM, R/L):	Bk2:31			x			x	x	x	
	Squirrel Bounds (T, FB, R/L, HM)	Bk2:33			x			x	x	x	
	One Whole Class - level 1 (T, R/L)	Bk2:35			x			x			
	Rainbow of Color (V, T, R/L):	Bk2:37	x		x			x			
#2 -19	Home (T, HM, R/L, FB) - step 1	Bk2:39			x			x	x	x	
#2 -19	Home (T, R/L, FB, HM) - step 2	Bk2:41			x			x	x	x	
	Beanbag Toss (T, FB)	Bk2:43			x				x		
	Proud Prancing Ponies (T, R/L, HM, V)	Bk2:45	x		x			x	x		
	Blacksmith #2 (T, R/L, FB, HM)	Bk2:47			x			x	x	x	
	Fire Bags (T, FB, R/L)	Bk2:49			x			x	x		
	Snowflakes (T, HM)	Bk2:51			x					x	
	The Horseman (T, R/L)	Bk2:53			x			x			
	Coyote & Crying (T, R/L, HM)	Bk2:55			x			x		x	
	Sokwe-Tembo (T, R/L, HM, FB)	Bk2:57			x			x	x	x	
	Eagle & Wren (T, R/L, HM)	Bk2:59			x			x		x	
	Turtle's Race (T, R/L, FB)	Bk2:61			x			x	x		
	Ananse and the Tiger (T, R/L)	Bk2:63			x			x			
	One Whole Class - level 2 (T, R/L)	Bk2:65			x			x			

## *Grade Two - Copper Rods*

### *Table of Contents*

CD#1	Season & Activity Type	Pg.	V	P	T	AD	VS	R/L	FB	HM	Hndw
	Straight as a Spear (v, T, FB)	Bk2:75	x		x				x		
	One Whole Class (T, R/L)	Bk2:77			x			x			
	Jack Be Nimble (v, FB, P)	Bk2:79	x	x					x		
	Ride a Cock Horse (P, T, HM, R/L, FB):	Bk2:81		x	x			x	x	x	
	Short Vowels Practice (T, R/L, HM, FB, AD)	Bk2:83			x	x		x		x	
	Rod Run	Bk2:85									
	Herschele and the Robber (R/L, HM, T)	Bk2:87			x			x		x	
	The Blue Jackal (v)	Bk2:89	x								
	Brer Rabbit & Brer Bear (T, V, R/L, HM, FB)	Bk2:91	x		x			x	x	x	
	Wolf and the Kid (T, R/L)	Bk2:93			x			x			

## *The Closing Spiral*

CD#		Page
<b>All Season</b>		
#2 - 23	Soft Morning Light	Bk2 - 103
#2 - 24	Ghost Dance** (Pawnee)	Bk2 - 105
	Owl	Bk2 - 107
	Build The Barn	Bk2 - 109
<b>Autumn Closing Spirals</b>		
	Loud Winds	Bk2 - 113
	Monarchs	Bk2 - 115
	Little Dark Leaves	Bk2 - 117
<b>Winter Closing Spirals</b>		
#1 - 40	Winter Walk (fb)	Bk2 - 121
#2 - 25	Neesa - an Iroquois winter blessing	Bk2 - 123
#2 - 26	Mid-Winter Journey	Bk2 - 125
	Silent Snowflakes	Bk2 - 127
<b>Spring/Summer Closing Spirals</b>		
	Swallows	Bk2 - 131
	Magic Piper	Bk2 - 133



## Grade Two Fingerplays - Table of Contents

CD#	Season & Activity Type	Pg	V	P	T	AD	VS	R/L	FB	HM	Hndw
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<i>All Season:</i>											
#2-20	Bought Me a Cat (T, R/L, HNDW)*	141			x			x			x
V	The Old House (T, R/L, HNDW)	145			x			x		x	x
V	Bee Hive (T, R/L, HNDW)	147			x			x			x
V	Family Dance (T, R/L, HNDW)	149			x			x			x

<i>Autumn:</i>											
V	Husks, shells and clusters (T, R/L, HNDW)	151			x			x			x
#2-21	Milkweed Cradle (T, R/L)	153			x			x			

<i>Winter</i>											
#2-22	Holly and the Evergreen (T, R/L, HNDW)	155			x			x			x
V	Popcorn (T, R/L, HM, HNDW)	157			x			x		x	x

<i>Spring</i>											
V	Mama Goose (T, R/L, HNDW)	159			x			x			x
V	Turtle (T, R/L, HNDW)	161			x			x			x
V	Rabbits (T, R/L, HNDW)	163			x			x			x
V	Daisies (T, R/L, HNDW)	165			x			x			x



## *Graces and Transitions and Closings*

CD#		Page
#2 - 27	Grade Two Greeting*	175
#2 - 28	Make New Friends	177
#2 - 29	Look to the Rainbow	179
#2 - 30	Yellow the Bracken*	181
#2 - 31	Come Follow	183
#2 - 32	Rainbow Bridge ( <i>painting song</i> )	185
V	Echo Clapping	187
V	The Harvest	189
#2 - 33	Sing Me a Song**	191
#2 - 34	Shepherd ( <i>Morning Song</i> )*	193
#2 - 35	Sun is rising ( <i>closing</i> )	195
#2 - 36	Earth Who Gives To Us This Food**	197
#2 - 37	Blessings on the Blossom	199
#2 - 38	Mother Earth Secrets *	201
#2 - 39	Golden in the Garden**	203
#2 - 40	Plants Grow Upward	205
#2 - 41	Sleeping Seeds**	207
#2 - 42	White Coral Bells	209
#2 - 43	Wond'rous Hands - <i>used for opening project time</i>	211
#2 - 44	Gone to Bed ( <i>used for closing the day</i> )	213
#2 - 45	Oh How Lovely is the Evening ( <i>used for closing the day</i> )	215
<b>Music Only Transitions</b>		
#2 - 46	Greensleeves	219
#2 - 47	The Ash Grove	221
#2 - 34	Shepherd*	223
#1 - 42	White Coral Bells	225
#2 - 48	Summer is a Cumin' In	227
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