

Exercise and Movement Storytime

Shake My Sillies Out

Gotta shake, shake, shake my sillies out
Shake, shake, shake my sillies out
Shake, shake, shake my sillies out
And wiggle my waggles away.

Gotta clap, clap, clap my crazies out...
Gotta jump, jump, jump my jiggles out...
Gotta yawn, yawn, yawn my sleepies out...
Gotta stretch, stretch, stretch my stretchies out
Gotta shake, shake, shake my sillies out...

Open Them, Shut Them

Open them, shut them
Open them, shut them
Give a little clap.
Open them, shut them
Open them, shut them
Put them in your lap.

Creep them, creep them
Creep them, creep them
Right up to your chin.
Open up your mouth
But do not put them in.

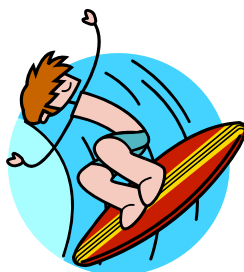
Open them, shut them
Open them, shut them
Give a little clap.
Open them, shut them
Open them, shut them
Put them in your lap.



One Finger, One Thumb, Keep Moving

One finger, one thumb, keep moving,
One finger, one thumb, keep moving,
One finger, one thumb, keep moving,
We'll all be merry and bright

One finger, one thumb, one arm, keep moving...
One finger, one thumb, one arm, one leg, keep moving...
One finger, one thumb, one arm, one leg, one nod of the head, keep moving...
One finger, one thumb, one arm, one leg, one nod of the head, stand up, sit down, keep moving...
One finger, one thumb, one arm, one leg, one nod of the head, stand up, turn round, sit down, keep moving...



March, March, March, March

(To the Tune of: Frere Jacques)

(perform actions)

March, march, march, march
March, march, march, march
Hop, hop, hop
Hop, hop, hop
Running, running, running
Running, running, running
Now let's stop, now let's stop



Did You Ever See a Jumping Bean?

(Tune: Did You Ever See a Lassie?)

Did you ever see a jumping bean
A jumping bean, a jumping bean?
Did you ever see a jumping bean
Jump this way and that?
Jump this way and that way
Jump this way and that way
Did you ever see a jumping bean
Jump this way and that?

If You're Happy and You Know It

If you're happy and you know it, clap your hands
If you're happy and you know it, clap your hands
If you're happy and you know it,
And you really want to show it,
If you're happy and you know it, clap your hands

If you're happy and you know it, stomp your feet
If you're happy and you know it, stomp your feet
If you're happy and you know it,
And you really want to show it,
If you're happy and you know it, stomp your feet

If you're happy and you know it, shout hooray—"Hooray!"
If you're happy and you know it, shout hooray—"Hooray!"
If you're happy and you know it,
And you really want to show it,
If you're happy and you know it, shout hooray—"Hooray!"

If you're happy and you know it, do all three.
If you're happy and you know it, do all three.
If you're happy and you know it,
And you really want to show it,
If you're happy and you know it, do all three.