



Dance Movements



Pick Up A Book

Song Lyrics

The TV is so dull

Use your index fingers to draw a big square for the television screen

And outside it's so cold

Cross your arms over your chest, and hug yourself to keep warm as you shiver

There's noone to play

Pick up the hand ball and pretend to throw it (but don't!) and look around

with

Put the ball down and look disappointed because there's no one to play with

And I'm very bored

Cross your arms, shrug and look bored

On the shelf

Palms up, lift your hands upward and in front of your head and run them along the flat surface of a high shelf

On the table

Do the same gesture at hip height: run your hands along the flat surface of a table, palms down

Cinderella

Like beautiful Cinderella, spread your arms open diagonally and make a face to say "I'm so pretty!"

Aesop's Fables

Rub your hands together cheekily, like the greedy character from "The Hen That Laid Golden Eggs"

Pick up a book

Use both hands to pick a book from the table that is at hip height

Give it a look

Start with your palms closed and open them in front of you "to read"

Open your eyes to a hundred worlds

Point to your eyes with your index fingers
Open your arms out in front of you and make a big circle (the Earth)

Fly to the moon

Spread your arms like wings

Live in a shoe

Lift up a foot to show your shoe

Fight with a pirate from Timbuktu

Pick up a sword and fight a pirate

There are crazy, fun, amazing, wonderful worlds

Look up, place your hands above and in front of your head and make a big circle (a world) until you bring your hands back in front of you, palms open like a book

In a book

Palms together, bring your hands towards your face and "read them."