



Dance Movements



Pick Up A Book

Song Lyrics

The TV is so dull

And outside it's so cold

There's no one to play

with

And I'm very bored

On the shelf

On the table

Cinderella

Aesop's Fables

Pick up a book

Give it a look

Open your eyes to a
hundred worlds

Fly to the moon

Live in a shoe

Fight with a pirate from Timbuktu

There are crazy, fun, amazing,
wonderful worlds

In a book

Dance Movements

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

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

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

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

Cross your arms, shrug and look bored

Palms up, lift your hands upward and in front of your head and run them along the flat surface of a high shelf
Do the same gesture at hip height: run your hands along the flat surface of a table, palms down

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

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

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

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

Point to your eyes with your index fingers

Open your arms out in front of you and make a big circle (the Earth)

Spread your arms like wings

Lift up a foot to show your shoe

Pick up a sword and fight a pirate

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

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