



Dance Movements



Pick Up, Put Down

Song Lyrics

Pick up a book

Now put it down

Pick up a glass

Now put it down

Pick up an apple

Now put it down

Pick up an elephant

WHOA!

Now turn around

Dance Movements

For the whole song, imagine you're picking up objects from an imaginary table.

With two hands, pick up a (closed) book

Put it back on the imaginary table

Pick up a glass (make a horizontal "C" with your hand)

Put it back on the table

Pick up an apple and take a bite (make sure the gestures for the glass and the apple look different)

Put it back on the table

Bend down and try to stretch your arms around an ENORMOUS elephant to pick him up

Pretend to struggle to hold the elephant in your arms

Turn around while you're holding the elephant. Careful, he's really heavy!!