



## Dance Movements



## How Are You Today?

### Song Lyrics

How are you today?

I am  
fine today.

How are you today?

I am  
fine today.

I like  
singing a song.

I like  
singing a song. Let's  
Sing a song today.

### Dance Movements

Lift both hands up, palms up, asking a question, and look from side to side at your friends

Point to yourself with both index fingers

Show two thumbs up, with one arm and thumb stretched out and the other arm against your chest.

Then stretch the other arm/thumb out and alternate stretching them out rhythmically

REPEAT THE PREVIOUS 3 GESTURES

Put both hands over your heart

Sing into an imaginary microphone

REPEAT THE PREVIOUS 2 GESTURES

Keep singing into an imaginary microphone