



## Dance Movements



## Flowers

### Song Lyrics

**Plant a little seed**

**Pour a little water**

**Put it in the sun**

**Flowers! Flowers!**

**Flowers!**

### Dance Movements

Stretch one arm out, palm facing up (the soil), and plant a seed with the other hand

Keep the first hand open and pick up a jug of water with the other hand to water the "soil"

Hands together, palms facing up, lift your hands up to the sun

Keeping your hands together, move them rhythmically up and down, preparing to toss the flowers in the air

Toss the flowers in the air!