



Dance Movements



Be My Friend

Song Lyrics

You look so sad
Clouds in your head
Hey, don't feel bad

I've got
some ideas

Let's ride a bike
Let's fly a kite

Swim at the pool
Run at the park

Or maybe play guitar
I want to be your

friend

Come on, be my

friend

In rain or

snow or
sun

Two's bet-
ter than

one

I want to be your
friend

Come on, be my

friend

Dance Movements

Cross your arms over your chest and look sad
Raise your hands over your head and wiggle your fingers as you bring them down to make it "rain"

Point your thumbs down rhythmically and shake your head side to side

Point both thumbs to your chest

Touch your temples rhythmically

Hold a handlebar with both hands and pedal a bike

Hold a kite with both hands and fly it from side to side

Swim with your arms

Run in place

Play the guitar

Point a thumb to your chest

Place an arm around the shoulders of an imaginary friend and lean your head towards him or her

Make a "come on" gesture: bend your arm with your palm facing in and then move your hand towards yourself rhythmically

Place an arm around the shoulders of an imaginary friend and lean your head towards him or her

Raise your hands over your head and wiggle your fingers as you bring them down to make it "rain"

Cross your arms and rub them with your hands

Draw a sun above and in front of you

Show two fingers

Show a thumbs up

Show an index finger

Point a thumb to your chest

Place an arm around the shoulders of an imaginary friend and lean your head towards him or her

Make a "come on" gesture: bend your arm with your palm facing in and then move your hand towards yourself rhythmically

Place an arm around the shoulders of an imaginary friend and lean your head towards him or her