



## 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