



Dance Movements



Time to go to sleep

Song Lyrics

Dance Movements

Time to go to sleep

Use your index finger to rhythmically point to a watch on the opposite wrist

Time to go to sleep

Repeat the gesture

Lay down your head

Put your palms together, lean your head to one side and rest it on your palms

Lay down your head

Repeat the gesture towards the other side

Time to go to sleep

REPEAT THE PREVIOUS SECTION

Time to go to sleep

Lay down your head

Lay down your head

Let's say hello to the clouds

Wave slowly at the clouds, looking up and watching them float past

Let's say hello to the clouds

Repeat the gesture

Time to wake up

Use your index finger to rhythmically point to a watch

(yawn)