



## Dance Movements



## A Friend

### Song Lyrics

What a day!

I had a so-so day.

I'm feeling kind of sad.  
Everything I do

comes out wrong.

It's okay  
Because I have my friends.

I always count  
on them.  
My friends will pick me up again.

Someone who will always cheer you  
up,  
Give so much,

That's a friend.  
Someone you are always  
glad to

see,  
I call that  
a friend  
A friend!

### Dance Movements

Make a gesture showing weariness or frustration: bend your arm with your elbow in an "L" shape with your palm out (like witnesses when they take the stand) and "throw" your hand forward and downward

Make the "so-so" sign: palm down, move your hand from one side to another

Cross your arms and make an "anxious" or frustrated face  
Lift your hands up to your shoulders and shrug with your palms turned up to suggest you're asking a question  
From the previous pose, point down rhythmically with your thumbs

Make the "OK" sign

Place both your arms over the shoulders of imaginary friends, one on each side

Point to one of the "friends" with your thumb

Point your other thumb to the other "friend"

Pretend a friend has fallen over: bend down and put your hands under their arms to help them up

Smile and point to your mouth with your index fingers  
Show two thumbs up

Position your hands together with open palms facing up and extend them in a sign of offering.

Place your hands over your heart

Point an index finger forward

Smile and point to your mouth with your index fingers

Point to your eyes with your index fingers

Point to yourself with the same finger

Put one arm over one imaginary friend's shoulder.

Put your other arm over the shoulder of another imaginary friend.