

Moving Song

Sing to "Jingle Bells"

Clap your hands, stomp your feet, wiggle all around.
Reach your hands high in the air, and now let's touch
the ground.

Hold your head, hold your hips, give yourself a hug.
Lay down flat upon the ground, but watchout for bugs.

Good Grooming

Sing to "Muberry Bush"

This is the way we wash our face,
wash our face, wash our face.

This is the way we wash our face,
so early in the morning.

*(use hand motions and add verses: brush our teeth,
wash our hands, put on clothes, tie our shoes, eat our
breakfast ...)*