

# **Head, Shoulders, Knees, and Toes**

Richele Bartkowiak

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Head, shoulders, knees and toes,  
Knees and toes.

Head, shoulders, knees and toes,  
Knees and toes.

Eyes and ears and mouth and nose.  
Head, shoulders, knees and toes.  
Knees and toes.

Eyes, eyebrows, mouth and nose  
Mouth and nose.

Eyes, eyebrows, mouth and nose.  
Mouth and nose.

And cheeks and tongue and teeth and chin  
Eyes, eyebrows, mouth and nose.  
Mouth and nose.

# Get Ready

© Jack Hartmann and Becky Bailey

## **Chorus:**

Good morning, good morning.  
Let's get ready the brain smart way.  
Good morning, good morning.  
Get ready to start the day.

## **Verse:**

Get your hands ready—shake, shake.  
*(shake hands)*  
Get your arms ready—stretch, stretch.  
*(reach up high)*  
Get your brain ready—cross, cross.  
*(touch left elbow to right knee and right elbow to left knee)*  
Get your focus ready.  
*(breathe deeply)*

*Repeat chorus and verse and chorus again.*

Connect with a friend—shake, shake.  
*(shake partner's hand)*  
Connect with a friend—clap, clap.  
*(clap both hands with a partner)*  
Connect with a friend—hip, hip.  
*(bump hips with a partner)*  
Connect with a friend—hug, hug, hug.  
  
Good morning, good morning.  
Get ready to start the day.  
Get ready to start the day, yeah.

# Can You Move with Me?

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Can you wiggle like a worm?

Can you squiggle?

Can you squirm?

Can you flutter?

Can you fly like a gentle butterfly?

Can you crawl upon the ground

Like a beetle that is round?

Can you move with me?

Can you flip? Can you flop?

Can you give a little hop?

Can you slither like a snake?

Can you give a little shake?

Can you dance like a bee

Who is buzzing round a tree?

Can you move with me?

# I Can Dance

Ronno

Lyrics by Judy Millar, Liz Jones-Twomey, Ron Hiller/RONNO, Pam Schiller  
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*OK, sit down on the floor.  
Now, fold your hands in your lap.  
And close your eyes.  
There, that's nice!  
Now, stay that way  
Until it's time to dance!*

Sitting still is hard to do  
With mouths closed and both eyes too.  
I can't always stay that way  
Can you?

## **Chorus:**

But I can dance  
With my hands in the air  
Wave my arms all around  
Twist my feet on the ground.  
Yes, I can dance  
'Till the blues go away  
Like I'm some kind of clown  
Until it's time to sit down.  
*Back down on the floor.*

Sitting still can be good, too.  
Sometimes it's the thing to do.  
But right now is not the time  
It's true. (*Here we go*)

*Repeat chorus and then sit back down.*

Sitting like a big brown toad  
Staring straight ahead – uh, oh!  
Stay this way too long  
And I'll explode!

*Repeat chorus.*

Well, no way!  
'Cause I can dance  
Never gonna sit down  
Let's jump! (*Whew!*)





# The Numeral Dance

Richele Bartkowiak

Give each child a Numeral Necklace (card with a numeral from 1-9 and yarn for hanging around neck). Instruct children to do the action associated with the numeral on their necklace. After singing the song a few times, invite children to create and their own movements.



The numeral dance is fun.  
It starts with numeral one.  
There's a move for you,  
and that's all you have to do.  
So gather near; your numeral you will hear.  
Then you can dance with me.

Can you wiggle numeral **one**?  
It's time to have some fun.

Can you tap numeral **two**?  
You know what to do.  
You can dance with me.



Can you twist numeral **three**.  
As twisty as can be?

Can you float numeral **four**?  
Can you soar across the floor?



Can you spin numeral **five**?  
Let's all do a little jive.

Can you slide numeral **six**?  
Show us all your little tricks.  
Come and dance with me.

Can you snap numeral **seven**?  
Let's keep the party revvin'.

Can you shake numeral **eight**?  
You're lookin' really great.

Can you shimmy numeral **nine**?  
You're lookin' mighty fine.

The numeral dance is fun,  
but now it time to run.  
So let's move once more;  
spin and slide across the floor.



Let's all shimmy. Let's all soar.  
Let's all wiggle. Let's all shake.  
Let's all snap. Let's all tap.  
Now let's take a break! Whew!

# **Tooty Ta**

Stephen Fite

## **Chorus:**

A tooty ta, a tooty ta, a tooty ta, ta.

A tooty ta, a tooty ta, a tooty ta, ta.

## **Verses:**

Thumbs up!

Elbows back.

Feet apart.

Knees together.

Bottoms out.

Eyes closed.

Tongues out.

Turn around.