

# BEAN BAG BODY SONG

Access the video and the song here  
<https://youtu.be/JVWjNV41sik>



Put the bean bag on your head.  
Hold it here... don't let it fall.  
Hold, hold, hold



Put the bean bag on your toes.  
Hold it here... wiggle them all.  
Hold, hold, hold



Put the bean bag on your hips.  
Hold it here... give a little twist.  
Hold, hold, hold



Put the bean bag on your knees.  
Hold it here... freeze like this!  
Hold, hold, hold



Put the bean bag on your elbow.  
Hold it here... make it stay.  
Hold, hold, hold



Put the bean bag on the floor.  
Hold it here... then step away.  
Hold, hold, hold



Put the bean bag on your hand.  
Hold it here... like a little plate.  
Hold, hold, hold



Put the bean bag on your shoulder.  
Hold it here... you're doing great!  
Hold, hold, hold



Now toss it high...  
Catch if you can!  
You did the moves—  
Let's do a deep breath!

