

THE BODY PARTS SONG

Access the video and the song here https://youtu.be/OATS_Y9RX1I



All right, friends, it's time to get
your bodies ready. Stand up tall.
Feet on the floor, Big smiles.
When you hear the directions
you'll follow my moves.



We'll start slow, then we'll go
faster and faster.
Let's get started.
Here we go.



Touch your head. Tap, tap, tap.
Touch your toes. Bend just like that.
Touch your hips, side to side.
Touch your ankles, low you slide.
Touch your elbows. Point them out.
Touch your shoulders, twist about.
Touch your knees, bend them slow.
Touch your belly. Hey, let's go.
Touch, your back. Stretch way back.
Ready? Now speed up the track.



Touch your head. Tap, tap, tap.
Touch your toes. Bend just like that.
Touch your hips, side to side.
Touch your ankles, low you slide.
Touch your elbows. Point them out.
Touch your shoulders, twist about.
Touch your knees, bend them slow.
Touch your belly. Hey, let's go.
Touch, your back. Stretch way back.



Give your body a quick shake, shake, shake.
Take a big breath in and let it go.
Now your body's calm. Your mind is ready.
You're all set to learn.

