

Clap High, Clap Low



Start with feet together. Jump and clap your hands overhead, landing with your legs spread. Then jump back to the first position.

Ready, set, here we go.
Clap up high
and slap down low.

Silly Silly Shake



Try to relax all of your muscles. Then jump, wiggle, and shake your whole body.

Shake your body, twist and shout. Just relax and shake it out.

Stretch to the Side



Stretch to each side, reaching one arm down while raising the other arm up.

Stand up tall and spread arms wide. Stretch your arms from side to side.

March to the Beat



March in place, making sure to stand up straight and raise your knees high.

Stand up tall and lift your feet. Now you're marching to the beat!