

Movement

Storytime To Go

Books

From Head to Toe
Eric Carle

Dancing Feet!
Lindsey Craig

Wiggle
Doreen Cronin

I Love You Nose! I Love You, Toes!
Linda Davick

Monkey & Me
Emily Gravett

The Croaky Pokey
Ethan Long

If You're Happy and You Know It
James Warhola

Can You Make a Scary Face?
Jan Thomas

Other Items

CD
Jim Gill Sings Moving Rhymes for Modern Times
Jim Gill

3 wrist ribbons

Action Rhymes

This Is Big

This is big, big, big
(*stretch arms far to sides*).
This is small, small, small (*cup hands together*).
This is short, short, short (*hold hands close to ground*).
This is tall, tall, tall (*hold hands high in the sky*).
This is fast, fast, fast (*roll hands quickly*).
This is slow, slow, slow (*roll hands slowly*).
This is yes, yes, yes (*nod head*).
This is no, no, no (*shake head*).

Jump Like a Frog

Jump like a frog,
Stretch like a cat.
Hop like a bunny,
Flap like a bat.
Wiggle like a worm,
Slither like a snake.
Be a wet dog and shake, shake, shake!

Dance Your Fingers Up

Dance your fingers up,
Dance your fingers down.
Dance your fingers to the side,
Dance them all around.
Dance them on your shoulders,
Dance them on your head.
Dance them on your tummy,
And put them all to bed.

Two Little Feet

Two little feet go tap, tap, tap.
Two little hands go clap, clap, clap.
Two little hips go bump, bump, bump.
Two little legs go jump, jump, jump.
All the children turn slowly around.
All the children sit quietly down.

Songs

Head and Shoulders Knees and Toes

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

Feet and tummies, arms and chins, arms and chins.
Feet and tummies, arms and chins, arms and chins.
Eyes and ears and mouth and chins.
Feet and tummies, arms and chins, arms and chins.

Hands and fingers legs and lips, legs and lips.
Hands and fingers, legs and lips, legs and lips.
Eyes and ears and mouth and hips.
Hands and fingers, legs and lips, legs and lips.





Songs

If You're Happy and You Know It

If you're happy and you know it,
clap your hands.
If you're happy and you know it,
clap your hands.
If you're happy and you know it
then your face will surely show
it.
If you're happy and you know it,
clap your hands.

If you're happy and you know it,
stomp your feet.
If you're happy and you know it,
stomp your feet.
If you're happy and you know it
then your face will surely show
it.
If you're happy and you know it,
stomp your feet.

If you're happy and you know it
shout, hurray. Hurray!
If you're happy and you know it
shout, hurray. Hurray!
If you're happy and you know it
then your face will surely show
it.
If you're happy and you know it
shout, hurray. Hurray!



It's a Simple Dance to Do

Come on and do a dance with
me,
It's just a little step or two.
I'll teach you how.
We'll start right now.
It's a simple dance to do.
First you clap your hands, then
you stomp your feet.
It's a simple dance to do.
Wait! I forgot to tell you!
There's another little step or
two.
Turn around, and touch your
toes.
Put it together!

Clap your hands, stomp your
feet.
Turn around and touch your
toes.
It's a simple dance to do!
Wait! I forgot to tell you! There's
another little step or two.
Pull your ears, and flap your
arms.
It's a simple dance to do!

Clap your hands, and stomp
your feet.
Turn around, and touch your
toes.
Pull your ears, and flap your
arms.
It's a simple dance to do!
Wait! I forgot to tell you!
There's another step and then
we're through.
Stretch up high, all fall down.
Ready?

Clap your hands, stomp your
feet.
Turn around, and touch your
toes.
Pull your ears, and flap your
arms.
Now stretch up high, and all fall
down.
It's a simple dance to do!

Art Projects

Dancing Ring

Materials Needed:
Ring (wooden or plastic
shower curtain ring)
Various colors of ribbons, 1/4
inch

Cut ribbons into 36-inch
pieces.
Tie ribbon onto ring.
Dance! Dance! Dance!

Early Literacy Take Home:

Learning comes alive for
children when they are actively
involved. Research shows that
when people move their brains
are more receptive to learning.
Dance, skip, hop, stretch, and
leap with your child! You'll be
helping them learn.

Questions about this kit?
Email youth services staff
at youth@nols.org or
contact staff at
(360) 417-8500 x7705.

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