

Move Together!

Look at me! Look at you!
Look what our bodies can do.

Dance! Dance!
Run! Run!
Moving our bodies is so much fun!
We can jump. Jump!
We can hop. Hop!
We can wiggle. Wiggle!
We can stop. Stop!
We can twist. Twist!
We can tap. Tap!
We can stomp. Stomp!
We can clap. Clap!

And we can sit...sit (whisper slowly)
And we can rest...rest
So that we can be our very best.

We whisper. We breathe.
We smile and then,
We start to move all over again!



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