



BEGIN WITH ALL CHILDREN LYING IN A CIRCLE ON THEIR BACKS WITH THEIR HEADS IN THE MIDDLE, ARMS ALONG THEIR SIDES.

TELL THE CHILDREN TO:

- REACH OUT AND HOLD HANDS WITH NEIGHBORS ON EITHER SIDE
- SPREAD LEGS APART AND TOUCH FEET WITH NEIGHBORS ON EITHER SIDE
- MOVE INTO BOAT POSE, THEN RAISE ARMS AND HOLD HANDS WITH NEIGHBORS
- SCOOT AWAY FROM CENTER OF CIRCLE, LIE FLAT ON BACKS, STRETCH ARMS OVERHEAD - STRAIGHT INTO CENTER OF CIRCLE
- WITH ARMS STILL ABOVE HEAD, REACH OUT AND GRAB HANDS WITH YOUR NEIGHBOR, THEN SPREAD LEGS OUT WIDE TO TOUCH FEET WITH YOUR NEIGHBOR
- STILL HOLDING HANDS ABOVE HEAD, PULL KNEES INTO CHEST AND THEN EVERYONE DROP YOUR KNEES TO THE RIGHT. SWITCH SIDES, DROP TO THE LEFT
- STILL HOLDING HANDS ABOVE HEAD, BRING THE SOLES OF THE FEET TOGETHER, LETTING KNEES DROP OUT TO THE SIDES

BEGIN WITH ALL CHILDREN LYING IN A CIRCLE ON THEIR STOMACHS WITH THEIR HEADS IN THE MIDDLE, ARMS ALONG THEIR SIDES.

TELL THE CHILDREN TO:

- RAISE THEIR ARMS OUT INTO THE MIDDLE OF THE CIRCLE AND THEN LIFT LEGS AND ARMS OFF THE GROUND (LIKE SUPERMAN)
- WITH ARMS AND LEGS STILL LIFTED, REACH OUT AND HOLD HANDS WITH NEIGHBORS ON EITHER SIDE AND SPREAD LEGS APART TO TOUCH FEET WITH NEIGHBORS ON EITHER SIDE
- REST BACK ON THEIR TUMMIES AND THEN PLACE HANDS ON FLOOR UNDER CHEST. PUSH UP ON HANDS TO LIFT CHEST OFF THE GROUND
- COME INTO ALL FOURS POSITION AND RAISE THEIR RIGHT LEGS BEHIND THEM AND THEIR LEFT ARMS OUT IN FRONT OF THEM, THEN SWITCH SIDES

BEGIN WITH ALL CHILDREN STANDING IN A CIRCLE, ARMS LENGTH APART.

TELL THE CHILDREN TO:

- REACH OUT AND HOLD HANDS WITH THEIR NEIGHBORS
- RAISE HANDS OVERHEAD
- WITH HANDS STILL RAISED OVERHEAD, STRETCH LEGS OUT WIDE TO TOUCH FEET WITH NEIGHBORS
- WHILE STILL HOLDING HANDS, REACH HANDS INTO MIDDLE OF THE CIRCLE AND STEP FEET BACK TOGETHER
- KEEP HOLDING HANDS WITH THEIR NEIGHBORS IN THE MIDDLE OF THE CIRCLE AND STRETCH ONE LEG BACK BEHIND THEM, THEN SWITCH LEGS