

Smart Moves 3: Preschool thru 2nd

Lyrics for Music CD

◀ Scarf Activities

1. Shake Your Boom Boom ◀ 2:09
2. 1 Gorilla 2:39
3. Walk, Walk 2:46
4. Follow the Leader ◀ 3:08
5. Up & Down 2:16
6. Oh Silly Jowdilly 2:12
7. Go Team 2:51
8. William Tell Overture 1:34
9. Brush, Wash, Comb, Dress 2:04
10. Act Like You Are In a Zoo (Upright) 4:13
11. What Am I (Charades) ◀ 2:33
12. It is Monday (Ti-de-o) 1:46
13. Imagine That ◀ 3:10
14. Toss & Catch ◀ 2:15
15. So Much I Can Be ◀ 3:41
16. The Lazy Cat 3:03
17. Painting ◀ 3:22
18. Time to Rest 2:20

Instrumentals:

19. Time to Rest 2:20
20. Painting 3:22
21. 1 Gorilla 2:39
22. Walk, Walk 2:46
23. Shake a Boom, Boom 2:09
24. Up & Down 2:16
25. Oh Silly Jowdilly 2:12
26. Brush, Wash, Comb, Dress 2:04
27. Follow the Leader 2:33

Alternative:

28. Act Like You Are In a Zoo (floor) 4:17
29. Exit – Thank You :09

Approx. Running Time: 75 minutes
Recommended for age Preschool thru 2nd

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1. Shake Your Boom Boom

A “boom boom” is whatever children want it to be; the entire body, a body part, a homemade instrument, or a child-safe prop such as a scarf, streamer, or colored napkin. Practice shaking your “boom booms” before playing the song. Move as directed using the hands or feet to obey the commands. Can you make up your own moves using other opposites?

Step, step, step
(Take 3 steps)
Shake your boom boom
Step, step, step
Shake your boom boom
Step, step, step
Shake your boom boom
Boom shaga laga laga
boom boom
Boom shaga laga laga
BOOM

Up, up, up
(Raise hands up)
Shake your boom boom
Down, down, down
(Drop hands down low)
Shake your boom boom
Up, up, up
Shake your boom boom
Boom shaga laga laga
boom boom
Boom shaga laga laga
BOOM

Push, push, push
(Push hands forward)
Shake your boom boom
Pull, pull, pull
(Pull hands back)
Shake your boom boom
Push, push, push
Shake your boom boom
Boom shaga laga laga
boom boom
Boom shaga laga laga
BOOM

In, in, in
(Bring hands and/or feet in close to body)
Shake your boom boom
Out, out, out
(Move hands and/or feet far away from body)
Shake your boom boom
In, in, in
Shake your boom boom
Boom shaga laga laga
boom boom
Boom shaga laga laga
BOOM

Bend, bend, bend
(Bend at the waist or squat at the knee)
Shake your boom boom
Rise, rise, rise
(Rise back up)
Shake your boom boom
Bend, bend, bend
Shake your boom boom
Boom shaga laga laga
boom boom
Boom shaga laga laga
BOOM

Side-to-side
(Turn body from side-to-side, or move hands from one side of body to the next)
Shake your boom boom
Side-to-side
Shake your boom boom
Side-to-side
Shake your boom boom
Boom shaga laga laga
boom boom
Boom shaga laga laga
BOOM

Back, back, back
(Place hands behind you or take 3 steps back)
Shake your boom boom
Front, front, front
(Place hands in front of you or take 3 steps forward)
Shake your boom boom
Back, back, back
Shake your boom boom
Boom shaga laga laga
boom boom
Boom shaga laga laga
BOOM

All around
(Shake hands and feet while spinning around)
Shake your boom boom
All around
Shake your boom boom
All around
Shake your boom boom
Boom shaga laga laga
boom boom
Boom shaga laga laga
BOOM

2. One Gorilla

Count, concentrate, and mimic the silly activities the animals do. The challenge is to respond to the questions, "How many?" and "What are they?" as you move about, working on memory and listening skills. Then make up new animals and silly ways to move over ridiculous things.

1 gorilla 2 gorillas
3 gorillas 4
(Hold fingers up and count)
4 gorillas stomping
(Stomp)
through a grocery store
4 gorillas stomping
through a grocery store
How many?
Four!
What are they?
Gorillas!
4 gorillas stomping
through a grocery store



What are they?
Pigs!
7 pigs skating,
4 more is eleven

2 bears 3 bears
4 bears 5
(Hold fingers up and count)
5 bears dancing
(Do a silly dance)
to a cool hand jive
5 bears dancing
to a cool hand jive
How many?
Five!
What are they?
Bears!
5 bears dancing
to a cool hand jive

5 horses 6 horses
7 horses 8
(Hold fingers up and count)
8 horses gallop
(Gallop)
thru the playground gate
8 horses gallop
thru the playground gate
How many?
Eight!

3 goats 4 goats
5 goats 6
(Hold fingers up and count)
6 goats jumping
(Jump with both feet)
over pick up sticks
6 goats jumping
over pick up sticks
How many?
Six!
What are they?
Goats!
6 goats jumping
over pick up sticks

What are they?
Horses!
8 horses gallop
thru the playground gate

4 pigs 5 pigs
6 pigs 7
(Hold fingers up and count)
7 pigs skating,
(Skate and slide feet)
4 more is eleven
7 pigs skating,
4 more is eleven
How many?
Seven!

6 parrots 7 parrots
8 parrots 9
(Hold fingers up and count)
9 parrots flying
(Flap wings and fly about)
over Frankenstein
9 parrots flying
over Frankenstein
How many?
Nine!
What are they?
Parrots!
9 parrots flying
over Frankenstein

7 penguins 8 penguins
9 penguins 10
(Hold fingers up and count)
10 penguins waddle
(Do a penguin waddle)
through a lion's den
10 penguins waddle
through a lion's den
How many?
Ten!
What are they?
Penguins!
10 penguins waddle
through a lion's den

3. Walk, Walk

Walk and clap, or walk with props: scarves, streamers, shakers, colored napkins. Use a noisemaker to catch the attention of the children and guide them through the prompts. Let the kids come up with creative ways to walk.

Other fun ways to walk: Backwards, heel-to-toe, walk stiffly like a robot, straight-legged like a soldier, loosey-goosey like you don't have bones, on your tip-toes, walk on your heels, walk sideways, with a lean, like royalty.

Let the way you walk reflect how you feel. Walk like you're happy, sad, mad, shy, tired, scared, like this is the best day of your entire life!

Take your walk outside and look for letters, numbers, words, geometric shapes, symmetrical patterns, community helpers, and so on.

Walk, walk
(Step to the rhythm. Walk independently or as a group—line up, circle round, or scatter.)



Walk, walk
Now, we're walkin'
Walk, walk

Doin' just fine. *Walk, walk*
And, we're walkin'
Walk, walk
Down a straight line
Straight line ----
(Walk as straight as an arrow)

Wayyyyy, Downwwwn -----
Wayyyyy, Downwwwn -----
(Keep walking, but bend knees)

Slowwwww, Downwwwn -----
Till we're struttin'
strut, strut
(Slow down, take long steps)

Way down low, now
Down low
Very low, now. Down low
Movin' higher. *Walk, walk*
(Straighten your legs and walk normally again, raise hands in the air.)

Now, we're struttin'
strut, strut
Yeah, we're struttin'
strut, strut

Ziggin', zaggin'. *Zigzag*
Zigzag -----
Ziggin', zaggin'. *Zigzag*
(Walk in a zig zag pattern.)

Speeding up now.
Walk, walk
Back to walkin'. *Walk, walk*
(Speed up, back to the rhythm of the song)

We're high 5in'. *High 5*
(Walk around giving others a high 5—palm to palm)
We're hand jivin'. *Walk walk*
We're high 5in'. *High 5*
We're hand jivin'. *Walk walk*

Crisscross -----
(Walk while crossing one foot in front of the other)

Ticklin' our elbows -----
Elbow ticklin'
(Walk around gently rubbing elbows with others)
Walk walk

Now, we're crossin'
Crisscross, Crisscross
One foot over the other and walk
Crisscross one over
Over the other and walk

Ticklin' our elbows -----
Elbow tickles. *Elbows*
Ticklin' our elbows -----
Elbow ticklin'.
Walk walk

First you criss
Then you cross, and walk

4. Follow the Leader (AEIOU)

Follow the Leader can be played with 2 or more children to improve coordination, agility, and social skills. A leader is chosen, and moves as creatively as possible—jumps, bends, swings arms, walks on tiptoe, etc., while the followers must do their best to imitate the leader. Stand in line (leader is in front), stand in a circle (leader in the middle), stand opposite each other (leader is your mirror image).

When prompted, a new leader is assigned, and the previous leader moves to the end of the line, or joins the circle. Children repeat the chant, “A-E-I-O-U,” while moving. Using a prop such as a ball, scarf, streamer, beanbag, or hoop can add complexity and variety to the activity.

A B C D E F G

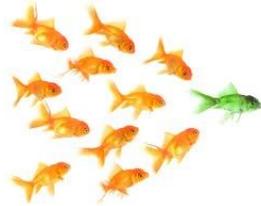
Who will follow and
who will lead?
Follow every move
you see (AO-EO)

H I J K L M N O P

Who will our new leader be?
We follow them around
you see (AO-EO-IO)

Q R S T U V

Who will our new leader be?
Follow every move you see
(AO-EO-IO-OA)



W X Y Z

Who will follow and who
will lead?
A final turn for you or me.
(AO-EO-IO-OA-UO)

A-E-I-O-UO

A-E-I-O-UO

5. Up & Down

Dance this country hoe-down independently or with a partner. During the chorus of “I went to a western town...” there are (3) options provided within the lyrics. Use one, all three, or make up your own dance for the chorus.—something the children can handle.

Bend your elbows up & down
(Bend elbows and knees to beat)
Up & down, up & down (Repeat)

Kick your feet up & down
(Kick feet and/or heel digs)
Up & down, up & down (Repeat)

I went to a western town
(Option 1: *Chassé* —sliding sideways—
down the center of two lines, from
side-to-side, or across the room)
I didn’t know what I would see there
I had my boots on, and my hat
Smelled fresh hay in the air
I saw a chicken lay an egg
Danced at the country fair
While wonderin’ what I’d do next
Shooed flies from my hair



Lift your knees up & down
(Lift and slap knees, alternating to the beat)
Up & down, up & down
Slap those knees, up & down
Up & down, up & down

All around, up & down
Up & down, up & down (Repeat)

I went to a western town
(Option 2: Link elbows with a partner and skip
around in a circle)
I didn’t know what I would see there
I had my boots on, and my hat
Smelled fresh hay in the air
I rode a horse & milked a cow
Danced at the country fair
While wonderin’ what I’d do next
Shooed flies from my hair

~ Break ~

Bend your elbows up & down
Up & down, up & down (Repeat)

Kick your feet up & down
Up & down, up & down (Repeat)

I went to a western town
(Option 3: *Doe-see-Doe* around a partner: step with
arms in front, hands over elbow, forearms held up.)
I didn’t know what I would see there
I had my boots on, and my hat
Smelled fresh hay in the air
I caught a wild pig in pen
Danced at the country fair.
While wonderin’ what I’d do next
Shooed flies from my hair

Feet cross over, up & down
(Step while crossing one foot over the other)
Up & down, up & down (Repeat)

On your toes, up & down
(Rise up on your toes, and then come down)
Up & down, up & down (Repeat)

6. Oh Silly, Jowdilly

This is meant to be a floor exercise, if you have the space. There are different ways to rock and roll: laying with arms straight overhead and legs extended straight, like a tootsie roll —or— sitting in a butterfly position on the floor and rolling from left to right —or— a standard forward roll (if age-appropriate).

Choose which way your kids will roll.

Oh silly jowdilly
I’m a rockin’ on the ground
Oh silly jowdilly
rockin’ all around

Oh silly jowdilly
I’m a rockin’ all around
Oh silly jowdilly
rockin’ on the ground



6. Oh Silly, Jowdilly ~ Cont.



Pushin' up
(Push up off the ground with your hands and legs in a crab pose—or—roll over and do a standard push-up)
Silly bang bing bong
Droppin' down
Silly bang bong

Pushin' up
Silly bang bing bong
Droppin' down
Silly bang bong

Oh silly jowdilly
I'm a rollin'
on the ground
Oh silly jowdilly
rollin' all around
Oh silly jowdilly
I'm a rollin' all around
Oh silly jowdilly
rollin' on the ground

Sittin' up
Silly bang bing bong
Droppin' down
Silly bang bong

Sittin' up
Silly bang bing bong
Droppin' down
Silly bang bong

7. Go Team!

Imaginative sports play and gross motor fun. We don't need equipment, when we can act like we are laying a sport. Why is it important that we keep active? Practice good sportsmanship? Work as a team?

Hey! Hey! What d'ya say?
Take the ball the other way!

Hey! Hey! What d'ya say?
Come on team
Let's go play!



Basketball!

We dribble the ball
(Dribble with hands)
and shoot it
We dribble the ball
and shoot it
Dribble and shoot it
Dribble and shoot it

Soccer!

We dribble the ball
(Dribble with feet)
and kick it
We dribble the ball
and kick it
Dribble and kick
Dribble and kick

Baseball!

We swing the bat
and hit it
We swing the bat
and hit it

Swing it and hit
Swing it and hit

Football!

We catch the ball
And run it
We catch the ball
And run it
Catch it and run it
Catch it and run it.

Tennis! (or Volleyball)

We serve the ball
(Toss the ball in the air)
And hit it
We serve the ball
And hit it
Serve it and hit it
Serve it and hit it

Go Team!
Go Team!
Goooooo Team!

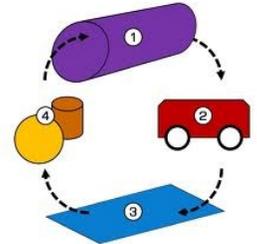
8. William Tell Overture

This instrumental is the perfect accompaniment to a physical activity of your choice, such as, follow-the-leader or an homemade obstacle course using locomotor and non-locomotor skills, and introducing age-appropriate props.

■ **Locomotor:** run, skip, jump, hop, leap, march, gallop, etc.

■ **Non-Locomotor:** bend, reach, stretch, rise, twist, squat, etc.

■ **Props and equipment:** a large box, poly spots, paper cups (cones), hula hoops, bean bag chairs, a limbo stick, activity ropes, foam mats, beach balls, lined up ropes, play tunnels, etc.



9. Brush, Wash, Comb, Dress

These lyrics were inspired by a CAEYC workshop team.

A fine motor recipe for the hands that introduces rhythm, tests the memory, demonstrates patterns and sequencing, and enhances listening skills. Children come up with four of their own moves using the instrumental version and introduce concepts of their own.

Come on! Let's get ready to go

We brush & we brush
(Act like you are brushing your teeth)
And we brush and brush and brush (Repeat)



We wash and we wash
(Scrub your body all over)
And we wash and wash and wash (Repeat)

We comb & we comb
(Comb your hair)
And we comb and comb and comb (Repeat)

We dress and we dress
(Act like you are getting dressed)
And we dress and dress and dress (Repeat)

You missed a spot!

We brush and we brush
And we brush , and brush , and brush
We wash and we wash
And we wash and wash and wash



We comb & we comb
And we comb and comb and comb

9. Brush, Wash, Comb, Dress ~ Continued

We dress and we dress
And we dress and dress and dress
You're lookin' pretty good there.

We brush & we brush
And we wash and wash and wash
We comb & we comb
And we dress and dress and dress

We brush & we brush
And we wash and wash and wash
We comb & we comb
And we dress and dress and dress

Mmmmm...you smell nice

We brush & we wash
And we comb and we dress
We brush & we wash
And we comb and we dress

We brush & we wash
And we comb and we dress
We brush & we wash
And we comb and we dress

Are you ready?
GREAT! Let's go!

10. Act Like You Are in a Zoo (Upright)

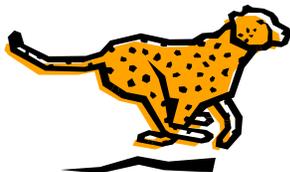
~ Written by Jeannie McCarthy

Act like you are in a zoo and mimic the locomotor motor moves of select animals, and then choose any other animal you want to be. Finally it is time to rest, and the all of the animals sleep.

Act like you are in a zoo.
Ooga booga loo.
In that zoo you're an elephant.
Ooga booga loo.
Marching here. Stomping there
Marching, stomping everywhere.
Act like you are in a zoo.
Ooga booga loo.
Elephants march!
STOP!



Act like you are in a zoo.
Ooga booga loo.
In that zoo you're a flamingo.
Ooga booga loo.
Tip toe here. Tip toe there
Tip toe, Tip toe everywhere.
Act like you are in a zoo.
Ooga booga loo.
Flamingos tip-toe!



STOP!

Act like you are in a zoo.
Ooga booga loo.
And in that zoo you are a zebra.
Ooga booga loo.
You gallop here.
You gallop there.
You gallop, gallop everywhere
Act like you are in a zoo.
Ooga booga loo.
Zebras gallop!

STOP!

Act like you are in a zoo.
Ooga booga loo.
In that zoo you're a kangaroo.
Ooga booga loo.
You're jumping here.
Jumping there.
Jumping, jumping everywhere
Act like you are in a zoo.
Ooga booga loo.
Kangaroos jump!

STOP!

Act like you are in a zoo.
Ooga booga loo.
In that zoo you're a cheetah.
Ooga booga loo.
You're running here.
Running there
Running, running everywhere
Act like you are in a zoo.

11. What Am I?

Charades is a game of pantomimes: you "act out" a person, place, thing, or short phrase without speaking, while your friends try to guess what or who you are. For young children, select a category and stick with it (animals, community helpers, school or home activities, transportation, etc.)

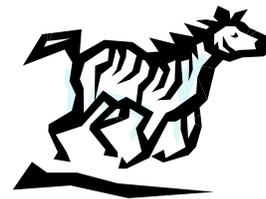
What am I? Can you tell me what I am?
What am I? I wanna know.

Watch me closely, and then see if you know
What I am? You oughta know

What am I? Can you tell me what I am?
What am I? I wanna know.

Watch me closely, and then see if you know
What am I? I wanna know.

Can you guess who or what I am? x3



STOP!

Act like you are in a zoo.
Ooga booga loo.
What kind of animal are YOU?
Ooga booga loo.
Moving here. Moving there.
Moving, moving, everywhere
Act like you are in a zoo.
Ooga booga loo.
Animals move!

STOP!

Now it's time to close the zoo.
Ooga booga loo.
Time to rest for me and you.
Ooga booga loo.
I hear snoring here,
snoring there
Snoring, snoring everywhere.
Time to rest for me and you.
Ooga booga loo.

"Wake up you sleepy animals!"

11. What Am I?

Who am I? Can you tell me who I am?
Who am I? I wanna know.

Watch me closely, and then see if you know
Who I am? You oughta know

Who am I? Can you tell me who I am?
Who am I? I wanna know.

Watch me closely, and then see if you know
Who am I? I wanna know.

Can you guess who or what I am? x3
What am I? Can you tell me what I am?
What am I? I wanna know.

Watch me closely, and then see if you know
Who I am? You oughta know

What am I? Can you tell me what I am?
What am I? I wanna know.

Watch me closely, and then see if you know
What am I? I wanna know.



12. It is Monday (Ti-de-o)

Children locomotor through the days of the week and can decide on a new locomotor or non-locomotor move for each day.



It is Monday, off we go
Running, dashing, off we go
It is Monday, off we go
Monday, Ti-de, di-de-o
Monday, Ti-de, di-de-o

Clap, clap, clap, clap, clap

It is Tuesday, off we go
Marching, marching off we go
It is Tuesday, off we go
Tuesday, Ti-de, di-de-o
Tuesday, Ti-de, di-de-o

Clap, clap, clap, clap, clap

It is Wednesday, up we go
Jumping, bouncing up we go
It is Wednesday, up we go
Wednesday, Ti-de, di-de-o
Wednesday, Ti-de, di-de-o

Clap, clap, clap, clap, clap

It is Thursday, around we go
Spinning, turning around we go
It is Thursday, around we go

Thursday, Ti-de, di-de-o
Thursday, Ti-de, di-de-o

Clap, clap, clap, clap, clap

It is Friday, across we go
Sideways and across we go
It is Friday, across we go
Friday, Ti-de, di-de-o
Friday, Ti-de, di-de-o

Clap, clap, clap, clap, clap

Saturday and we tip-toe
On our tip-toes, we tip-toe
Saturday and we tip-toe
Saturday, we Ti-de-o
Saturday, we Ti-de-o

Clap, clap, clap, clap, clap

It is Sunday, we go slow
Slowly, creeping, moving slow
It is Sunday, slow we go
Sunday, Ti-de, di-de-o
Sunday, Ti-de, di-de-o

13. Imagine That

Using our imagination, we can become anything. Adding a child-safe prop such as a scarf, colorful paper napkin, or tissue can create a new visual and physical aspect to any activity. Encourage children to move faster, slower, higher, lower, wider, tighter, bigger, smaller, closer, farther, together, apart, etc. What other animals and things can we mimic?

SCARVES: Swirling, billowing, flowing scarves are perfect for extending range of motion, developing large motor skills, and promoting non-verbal play.

With our imagination we can become
Anything or anyone
We can make believe
Jump, run, have fun
And play, until we're done

Waves go rolling by
(Make big and small waves with scarf)
Roll low or high, with the tide
Splashing, rolling, splashing, rolling
Waves go rolling by



Horses gallop by
(Hold scarf like a horse's tail and gallop)
Their tails are swishing at the flies
Over mud, or grass, or sand
The horses gallop by



There's a butterfly
(Arms flap up high and down low)
Its graceful wings will flutter by
Flutter, flutter, full of color
There's a butterfly

Fireworks are bright
(Ball up scarf, toss, and it watch fall from the sky)
They burst and light the sky at night
Popping, bursting, booming, floating
down from way up high

Helicopters fly
(Spinning arms around and around)
With spinning blades they fly up high
Rising, flying, turning, flying
Helicopters fly



Kites are in the sky
(Hold scarf high up and make it fly)
They're soaring
Flipping through the sky
Kites are twisting, flipping, dipping
Soaring through the sky

A silly juggling clown
(Juggle the scarf, tossing from one hand to the next)
Will toss & catch as it comes down
Tossing, catching, tossing, catching
Like a juggling clown

14. Toss & Catch

Improve fine motor and tracking skills using child-safe props such as scarves, tissues, large, colorful paper napkins, yarn ball, sponge ball, balloons, or beach ball. Toss and catch, use the dominant or non-dominant hand, toss overhead, toss and bat, toss into a receptacle, toss and let land on body parts, toss-clap-catch, toss-spin-catch, toss to a friend, and whatever else you can come up with.

When we toss, we toss up in the air
We can toss and catch, we can toss and catch
We can toss and catch with our hands

When we toss, we toss up in the air
We can toss and catch, we can toss and catch
We can toss and catch, with parts of our body.

With our hand, with our arm,
with our back, with our feet, with our hair,
as it falls so gently out of the air

When we toss, we toss up in the air
We can clap and catch, we can clap and catch
We can toss and clap and catch

When we toss, we toss up in the air
We can spin and catch, we can spin and catch
We can toss and spin, toss, spin and catch

How would you, like to toss, let us see,
How would you like to toss, come show me

15. So Much I Can Be

Act out some more with scarves. This time we are focused on the weather. Get up and move around. Use your imagination to interpret the weather.

There is so much, that I can be when,
I'm in the land, of fantasy

I can be the wind, on a windy day
Blowing towards me, and then back away
...and then back
away

I can be cloud, floating softly by
Floating, drifting, floating softly by.
...Floating softly by

I can be a bird, soaring through the sky
Wings spread way out wide
Come watch my bird fly
...Come watch my bird fly

Shade the sun that shines, bright up in the sky
Through the clouds, the rays
shine from way up high
Shine from way up high



I'm a rainbow, rainbow overhead
Colors like blue, yellow, green and red
...Colors like blue, yellow green and red

I am lightning, striking through the air
Snapping, sparking, striking here & there
...striking here & there



A tornado, all around it spins
Twirls and spins around, and around



16. The Lazy Cat

Look at that cat.
Can you stretch like that?

The Lazy Cat. Lazy Cat. Lazy Cat. Lazy Cat

Laid his body flat
(Lay on the floor, lay flat on your belly)
Laid it flat. Laid it flat. Laid it flat.

Raised his arms
(Lift straight arms off floor, reach forward and hold, tummy is tight)
Held them straight
And pressed to the front...like that

Raised his legs
(Lift straight legs off floor, push heels back and hold, tummy is tight)
Held them straight.
And pressed to the back...like that

He came up on all fours
(Come up onto your hands and knees, head down, arch back up)
And arched his backlike that

He raised his head
(Raise head, look up, press belly to the floor, butt in air)
Pressed his belly down. And he stayed...like that

Took his seat. Pressed it back.
(Sit back onto heels & stretch arms in front, drop head down in lap)
Held his head down...like that

Took his hands
(Spread fingers open, press hands to floor)
Spread them wide
Upon the ground... like that... like that

He came up on all fours
(Back up onto hands and knees. Reach with right arm and left leg)
Raised an arm. Raised a leg
Held them straight... like that... like that



16. The Lazy Cat ~ Continued



Brought 'em down to the ground
(Still on hands and knees. Reach with
left arm and right leg)
Raised the other arm, like that
And the other leg, like that
Held them straight... like that... like that

Brought 'em down to the ground
Rolled onto his back...like that

Lazy Cat. Lazy Cat. Lazy Cat
Lazy Cat. Lazy Cat. Lazy Cat

What was that?

17. Painting

Use imaginary or real paint, water and a brush on the pavement, a scarf, or a streamer. Paint using a variety of colors and an array of strokes, on a real or imaginary canvas: large, small, hi, low, long, short, fast, slow, straight, round, curved, zigzag, etc. Paint the body, imaginary things, and parts of things: on top, below, under, over, behind, beside, between, and so forth.

Twirling, twirling
our brush around
Painting upon the ground
A picture for me
Tell me what could it be?

Painting, painting
a picture high
Colors all through the sky
What do you see?
Tell, me what do you see?

Brushing, brushing
this way and that
Brushing this way
and SPLATT!
Shapes by me
Tell me what do you see?

We make our own pictures
In the soft gentle breeze
Twirling, brushing, and painting
Making new things to see
We make our own pictures
In the air, in our minds
Painting, softly flowing
Come and see what you find?

We make our own pictures
In the air, in our minds
Painting, softly flowing
Come and see what you find?



18. Time to Rest

Use a song with the tempo of a resting heart rate to soothe children into a calmer state.

Take a seat
Take a seat
Now your body needs resting

Time to rest
Take deep breaths
Put your hand over your chest

Feel your heart
Feel it beat
Feel it starting to slow

When we rest
We don't move
Until it's time to go

28. Act Like You are In a Zoo (floor)

It's time to mimic more animals. These animals are considered "floor" animals in the gymnastics arena.

Act like you are in a zoo.
Ooga booga loo.
And in that zoo you are a hyena.
(**Doggy walk:** squat with legs wide, hips high, and all four limbs move alternately.)
Ooga booga loo.
Doggy walk here. Doggy walk there.
Doggy walking everywhere
Act like you are in a zoo.
Ooga booga loo.
Hyenas walk!
STOP!

Act like you are in a zoo.
Ooga booga loo.
In that zoo you're an alligator.
(**Alligator Crawl:** flat on tummy, crawl with hand and legs pulling the body forward on each side.)
Ooga booga loo.
You're crawling here. Crawling there
Crawling, crawling everywhere
Act like you are in a zoo.
Ooga booga loo.
Alligators crawl!

STOP!

Act like you are in a zoo.
Ooga booga loo.
In that zoo you're an bear.
(**Bear walk:** same position as doggy walk however the motion is that their right limbs move forward, then the left limbs move forward > bi-lateral)
Ooga booga loo.



28. Act Like You are In a Zoo (floor)

Bear walk here. Bear walk there
We bear walking everywhere
Act like you are in a zoo.
Ooga booga loo.
Bears walk!

STOP!

Ooga booga loo.
In that zoo you are a bunny rabbit.
(Bunny jump: squat, 2 hands reach forward on the floor and stop, then 2 feet jump forward and stop—and repeat)
Ooga booga loo.
Bunny jump here. Bunny jump there
Bunny jumping everywhere
Act like you are in a zoo.
Ooga booga loo.
Bunnies jump!



STOP!

Act like you are in a zoo.
Ooga booga loo.
And in that zoo you are a seal.
(Seal Drag: lie on tummy with feet together, push chin up off of floor until arms are straight - then the arms take small 'walking' steps forward as the torso and legs drag.)
Ooga booga loo.
You seal drag here. Seal drag there.
Seals are draggin' everywhere
Act like you are in a zoo.
Ooga booga loo.
Seals drag!



STOP!

Act like you are in a zoo.
Ooga booga loo.
What kind of animal are YOU? Ooga booga loo.
Moving here. Moving there. Moving, moving, everywhere
Act like you are in a zoo. Ooga booga loo.
Animals move!

STOP!

Now it's time to close the zoo.
Ooga booga loo.
Time to rest for me and you. Ooga booga loo.
I hear snoring here, snoring there
Snoring, snoring everywhere.
Time to rest for me and you. Ooga booga loo.

"Wake up you sleepy animals!"

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"Act Like You Are in a Zoo (upright)"
"Act Like You Are in a Zoo (floor)"
Written by Jeannie McCarthy, GymTastics

"1 Gorilla"
Inspired by Trisha Torre



**Thank you for listening, and
welcome to the CLUB!**

Angela Russ-Ayon

Recording Artist ~ Children's Author

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