

### **1. Catching Bubbles**

Catching bubbles. Catching bubbles in the air.  
Use my pincers. That's pointer and thumb  
They follow the bubbles everywhere.  
I try to catch them and they just pop. I keep trying. I don't stop  
Bubbles are floating. "Catch them", you say  
Or, I could push them with my air. Blow them away  
I reach my arm up to catch just one. Reach up with the other. What fun!  
I follow the bubbles turning around  
I move my body with them as they go down to the ground.  
Catching bubbles. Catching bubbles in the air.  
Use my pincers. That's pointer and thumb  
They follow the bubbles everywhere.  
Look! There's one more over there.

### **2. Mr. Froggy's hOppy Hello** (Elizabeth Palmer)

Mr. Froggy came out to say, "Hi, Elizabeth. Can you hop today?"  
Elizabeth said, "Hi, froggy. Watch and see. I can hop. 1, 2, 3!"  
Around our circle Mr. Froggy will go to sing Mr. Froggy's hOppy hello  
When Mr. Froggy comes to you, you will hop three times, too  
Hopping was fun today. Now, Mr. Froggy will hop away  
Before he goes what he'd like to do is hop three more times w/you

### **3. Moving with a Scarf**

I walk with my scarf. I move it side to side.  
I walk and move it side to side. That's what I do.  
I skip with my scarf. I move it up and down.  
I skip and move it up and down. That's what I do.  
I walk backward with my scarf. I slide it on the floor.  
I walk backward and slide it on the floor. That's what I do.  
I spin in circles with my scarf. Swing it around my head.  
I spin and swing it around my head. That's what I do.  
I put the scarf on my face and let it fall to the ground.  
I follow it with my body as it goes down.

### **3. Bear Walk**

Here comes the bear! Watch out!  
I'm down with my feet and hands on the ground  
I move and make a bear growling sound. Here comes the bear!  
I move my right hand and left foot forward.  
I move my left hand and right foot, too  
I keep switching back and forth  
That's what a bear would do. I'm a bear. I'm bear walking.  
I keep my butt high in the air. I move with a growl.  
Others beware! Here comes the bear! Watch out

### **3. M O V E Move!**

M O V E. Move (2x) Move!

Right arm, reach up high. Left arm, reach up high (2x)

Reach both arms way up high. M O V E. Move (2x) Move!

Hands on your waist, twist right.

Hands on your waist, twist left Twist right. Then, left.

Everybody, are you movin'? Your body likes the movin'.

Move your body now. M O V E. Let's go! Move (2x) Move!

Right leg, lift up high. Left leg, lift up high (2x)

Jump. Both legs go up high. S T O P. Stop!

### **6. Machines!**

I love machines. They're big; they're loud; they're great!

When I'm older, I'll use one. I can't wait. For now, I'll pretend. I'm a helicopter.

I spin, spin, spin, spin around. I swoop over to where I'm going

And, then gently land on the ground.

Now, I'll be a crane. I'm a crane. I lift things way up high.

Stretching my body way up until I touch the sky!

Hm. How about a bulldozer?

I'm a bulldozer. I push things out of my way. Push. Push. Push. It's what I do every day

One more. I'll be a windmill. I'm a windmill.

With arms that move the air. I turn and turn my blades. When you're near me, please take care.

I love machines. They're big; they're loud; they're great!

When I'm older I'll use one. I can't wait.

### **7. The Boy Who Liked to Move** (features Eric Palmer)

It's time to tell a story that will make you want to move

Listen to the words. Get into the groove

There once was a boy who liked to bounce. He would bounce up and down

His dad said "Son, stop with that bounce!" So, he started spinning around

There once was a boy who liked to bounce

Dad said "Stop". So, he started to spin

His mom said "You'll get dizzy, son!"

He stopped walked backward with a silly grin.

There once was a boy who liked to bounce. He would spin and walk backward, too

His parents said "Watch where you're going!" He said "Now, what can I do? What can I do?"

I like to bounce. "Stop that son"

I like to spin. "You'll get dizzy"

I like to walk backwards. "Watch where you're going!"

Then he said with that grin, "Mom and dad, try it with me

We'll do this together. It's fun you'll see"

The family bounced. They spun around

They all walked backwards. Here is what they found

It doesn't matter what your age is

Don't be concerned with the weather.

Families should move and exercise. It's more fun together!

### **8. I've Got a Bean Bag**

I've got a bean bag. Yes. I've got a bean bag  
I throw it up. And, catch it when it comes down  
I've got a bean bag. Yes. I've got a bean bag  
I throw it to my friend and catch it when she throws it back  
I've got a bean bag. Yes. I've got a bean bag  
Put it on my foot and kick it up. Catch it when it comes down  
I've got a bean bag. Yes. I've got a bean bag  
I throw it up and catch it when it comes down.

### **9. Time to Drink Some Water**

It's time to drink some water! You know you really oughter  
Drink, drink some water. It feels so cool as it goes down

### **10. Baby Dolly Dance**

This is my baby dolly dance. I do it when I get a chance  
Two steps to the left. Two steps to the right. (2x)  
With my dolly by my side, I take my dolly for a ride.  
Two steps to the left. Two steps to the right. (2x)  
Right foot forward and back. 1, 2, 1, 2, 3. 1, 2, 1, 2, 3  
Left foot forward and back. 1, 2, 1, 2, 3. 1, 2 Stop.  
Now, kick it out! Kick left. Kick right. Kick left. Kick right.  
Put your arm up and turn yourself around. It's time to start winding down.  
Now walk in place and keep a good pace  
Feel the beat of your heart. Take it back to the start  
This is my baby dolly dance. I do it when I get a chance.

### **11. Mr. Froggy's Fitness March**

Ten hut! It's time to march. March in place. Hut 2, 3, 4  
Turn left. Forward march. Hut 2,3,4. Hut 2,3,4  
Knees up high. Left. Right. Left. Right. Up to the sky. Left. Right. Left. Right  
Swing your arms by your side. Your head held up with pride. 1, 2, 3, 4. Halt! About face. Forward  
March. Hut 2, 3, 4.  
Knees up high. Left. Right. Left. Right. Up to the sky. Left. Right. Left. Right  
Swing your arms by your side. Your head held up with pride. 1, 2, 3, 4. 1, 2, 3, 4. Halt! Hoorah

### **12. Mardi Gras March**

Come along everyone. Laissez les bon temps rouler  
It's Mardi Gras time! It's Mardi Gras. We are happy  
Join our parade. Joie de vivre  
Lift legs up high and march along while we sing our Mardi Gras Song  
Mon petit, little ones, march with me  
Twirl your umbrella. Go round and round. Bend at the waist and dip down  
Stand up tall. Stomp your feet as if you were on Bourbon St  
Can you catch some beads? We're going to throw them.  
On the count of three. 1, 2, 3.

### **13. Who Can Pull the Stretchy Band?**

Who can pull the stretchy band? We can? (2x)

Pull it out Pull it out. Pull and pull and pull. Now, walk the stretchy band back in

Take 4 steps out. 1, 2, 3, 4. Take 4 steps in 1,2,3,4

Take 4 steps out. 1, 2, 3, 4. Walk the stretchy band back in.

Now, let's get inside the stretchy band. Face outwards.

Hold on. And, do it again. Take 4 steps etc

Ok. We're all going to sit on the floor now. Hold on

Pull the stretchy band way back. (2x)

Pull the stretchy band way back until you're laying down. Now, sit back up. Do that one again

Everybody stand. Let's try it one more time.

Let go of the stretchy band when I say drop. Drop!

### **14. Stretchy Band Jam**

Everybody gather around the stretchy band.

It's time for the stretchy band jam. Let's go!

Hold the stretchy band. It's time to play. Put your arms up. Stretch that band I say

Stretch it wide. That's how we begin. Now, hold the stretchy band near your chin

Everybody take your right hand. Up then down. Everybody take your left hand. Go up then down

Right hand. Up then down. Left hand. Up then down

Start with hands together side by side. Move them like feet on a bike ride

Peddle your hands in and out. That's how we move when we're out and about

Everybody peddle your hands in and out. Peddle, in and out.

Down to the waist the band will go. Pretend to be in a boat and row

Arms out then up to bring back in. Do it again, again and again

Row, row, row your boat. Out, then in. (2x)

Time to play a game you know; Head, shoulders, knees & toes

Put your hands up high. Pull them apart. Back to how we were at the start

Hold your hands near your chin. We will end as we did begin. Stretchy band jam!

### **15. Yoga Pose**

It's time to get into a yoga pose. Time for a yoga pose.

Yoga helps from my head to my toes. Time for a yoga pose. Let's try the Cat and Cow

*Begin with hands and feet on the floor, your back straight, like a table top, with your wrists directly beneath your shoulders and knees beneath your hips. Inhale and arch your back, reaching your tailbone to the sky and your chest forward, looking upward. This is the cow. Now, we're going to switch. Exhale to round your spine, your mid back arching upward and your head bending down.*

*This is the cat. Feel that stretch. Relax and stand up.*

It's time to get into a yoga pose. Time for a yoga pose.

Yoga helps from my head to my toes. Time for a yoga pose. Let's try the Triangle

*Stand with your feet apart in a comfortable stride where you feel balanced, arms by your side, palms facing inward. Breathe in and raise your arms to shoulder level. Breath out, palms facing downward. Take a deep breath in. Turn your right foot out and your left foot slightly in. Stay balanced. Exhale slowly and bend at the waist to your right side bringing your right hand down to your right ankle, without bending your knees. Place your palm on the outside of your right leg without straining. Lift your left arm up in line with your lowered right arm. Keep both your arms and*

*legs straight. Breathe normally. Breathe in. Rise slowly to a standing position with your arms outstretched. Exhale slowly. Return to your starting position and repeat on the other side. Turn your left foot out and your right foot in slightly. Stay balanced. Take a deep breath in. Exhale slowly and bend at the waist to your left side bringing your left hand down to your left ankle without bending your knees. Place your palm on the outside of your left leg without straining. Lift your right arm up in line with your lowered left arm. Keep both your arms and legs straight. Breathe normally. Breathe in. Rise slowly to a standing position with your arms outstretched. Exhale slowly. Return to your starting position*  
It feels good to do a yoga pose. Yoga pose. Yoga helps from my head to my toes. Yoga pose.

### **16. Smart Woman Merengue**

Smart Woman Merengue. Let's eat then exercise Vamanos!  
Feed the Smart Woman. Give her a muffin.  
It's blueberry bran. The muffin is a grain.  
She swallows it right down. And then I jump. Jump!  
And then I jump.  
Feed the Smart Woman. A strawberry.  
Now feed her a banana.  
Strawberries and bananas are fruits.  
She swallows them right down. And I do squats. Squats  
I do squats  
Feed the Smart Woman. Give her some cheese.  
Maybe cheddar or swiss. Cheese is a dairy.  
She swallows it right down. And then I stretch. Stretch. And, then, I stretch.  
Feed the Smart Woman. Give her some milk.  
Milk is dairy. Or almond milk is protein.  
She swallows it right down. And ride my bike.  
Ride my bike. I ride my bike  
Feed the Smart Woman. Feed her broccoli.  
Now, give her some carrots.  
Broccoli and carrots are vegetables.  
She swallows them right down. And shoot some hoops.  
Shoot some hoops. I shoot some hoops.  
Feed the Smart Woman. Feed her meat, fish or an egg  
Or she may eat tofu. Fish, meat, eggs and tofu are protein.  
She swallows them right down. And do knee lifts.  
Knee lifts. Do knee lifts  
Fed that Smart Woman. Gave her a muffin.  
The muffin was a grain.  
We fed her strawberries & bananas (fruit).  
We fed her cheese (dairy).  
We fed her broccoli & carrots (vegetables).  
We gave her some milk. (dairy or protein)  
We fed her meat, fish, egg and tofu. (protein)  
She swallowed them right down. And I say "Um. Um." Yeah.  
I say "Um. Te gusto!"

### **17. Mommy Minute Waltz**

Take a minute and waltz with your mommy 1,2,3. Go.  
Follow where mommy's feet go. Step right.  
Tap your left toe Step left. Tap your right toe  
Follow where mommy's feet go. Step left.  
Tap your right toe. Step right. Tap your left toe.  
In a circle, mommy and you will go. This waltz is nice and slow  
That was a minute waltz with your mommy.  
The Mommy Minute Waltz

### **18. Da Daddy Dance**

It's time to do a daddy dance. Move like your daddy would do  
It's fun to do a daddy dance. The whole family can do it, too  
Throw your arms up in the air. Nod your head up and down  
Pump your fists and turn your body around  
They're doin' da Daddy Dance. Look at dem daddies go!

### **19. Take Your Little Hands and Move**

You take your little hands and move them in the air  
Move your hands in the air  
You take your two feet and jump up high  
Jump up with your two feet  
Pick up one foot and balance there. Balance on one foot  
Bend way down and touch your toes.  
Bend down and touch your toes.  
Stretch up high and wave bye, bye.  
Stretch and wave bye bye  
You take your little hands and move them in the air  
Move your hands in the air. Wave while you have them there