

WE STRETCH UP HIGH LIKE THIS

We stretch up high like this

We stretch up high like this

We stretch up high and touch the sky

We stretch up high like this

We hang down low / tickle our toes

Bend side to side / to move and glide

We twist and turn / we listen and learn



EXTEND AND STRETCH

(To the tune of Frere Jacques)

Extend and stretch *(sit in sukasana – easy seated pose, or crisscross applesauce- and do seated side bends)*

Extend and stretch

Twist and turn *(seated twists)*

Twist and turn

This is yoga, *(hands overhead on “this,” then bring to prayer position on “yoga”)*

This is yoga

Om sweet om, *(hands in prayer, bow forward)*

Om sweet om



OPEN THE BOOK

Sit crisscross or with feet together

Stretch arms out in front palms

touching

Open the book (open arms wide)

Close the book (back together)

Turn the page (right arm out)

Turn the other page (left arm out)

Repeat with legs

Repeat with arms and legs

