

Get Moving Storytime

Prepared by Amy Goodchild

Visit mgpl.org/diy-storytimes for more storytimes and links to supplemental videos, ebooks, and other helpful online resources.



Sing “Hello, Hello” (directions for movements are in italics)

Hello Hello [wave]
Can you clap your hands? [clap hands]
Hello Hello [wave]
Can you stomp your feet? [stomp feet]
Can you reach up high? [reach arms up]
Can you turn around? [spin around]
Can you wiggle your fingers? [wiggle fingers]
And touch the ground? [touch the floor]

Hello Hello [wave]
Can you clap your hands? [clap hands]
Hello Hello [wave]
Can you stomp your feet? [stomp feet]
Can you reach up high? [reach arms up]
Can you turn around? [spin around]
Can you wiggle your fingers? [wiggle fingers]
And sit right down? [sit down]

Read **Stretch** by Doreen Cronin

Watch/sing and dance along with “Shake Your Sillies Out”

Do the action rhyme “We Can Jump” (directions for movements are in italics)

We can jump, jump, jump [jump up and down]
We can hop, hop, hop [continue to jump, or hop on one foot]
We can clap, clap, clap [clap hands]
We can stop, stop, stop [hold out hands to stop]
We can nod our head for yes [nod head]
We can shake our head for no [shake head]
We can bend our knees a little bit [bend knees]
And sit down really slow [sit down]

Watch/sing and dance along with “Action ABCs (Sesame Street)”

Read **Wiggle** by Doreen Cronin

Watch/sing and dance along with “Hokey Pokey”

Sing “Goodbye Song”

Wave high [*wave high in the air*]
Wave low [*wave toward the ground*]
Because it's time [*clap clap*]
for us to go [*clap clap*]
Wave your fingers [*wave fingers*]
Wave your toes [*wave toes*]
Wave your bottom [*shake bottom*]
Wave your nose [*wiggle nose*]

Wave like that [*small wave with fingers*]
Wave like this [*wave side to side with hand*]
Wave your arms [*wave arms*]
Blow a kiss [*blow a kiss*]

Crafts and Extension Activities

Action Dice: Make large dice to play a fun game that gets you moving.

Stretch Memory Game: Memory game based on the book *Stretch*.

October 2020