Get Moving  Storytime

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.

*Prepared by Amy Goodchild, October 2020*

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