



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.