**Action Rhymes**

**Stand up and look**

Stand up and look around,

Shake your head and turn around,

Stamp your feet upon the ground,

Clap your hands and then sit down.

**My Hands**

Here’s my left hand,

And here’s my right,

I can clap them

With all my might.

**Teddy Bear**

Teddy Bear, Teddy Bear, turn around,

Teddy Bear, Teddy Bear, touch the ground;

Teddy Bear, Teddy Bear, show your shoe,

Teddy Bear, Teddy Bear, that will do.

**Exercise**

My head, my shoulders, my knees, my feet!

My head, my shoulders, my knees, my feet!

My head, my shoulders, my knees, my feet!

And we’ll all clap hands together.

**Can you?**

Can you hope like a rabbit?

Can you jump like a frog?

Can you walk like a duck?

Can you run like a dog?

Can you fly like a bird?

Can you swim like a fish?

And be still, like a good child,

As still as you wish?

**Grandparents**

Here are grandmother’s glasses,

*(circle fingers around eyes)*

This is grandmother’s hat,

*(hands on head)*

This is the way she folds her hands

*(clasp hands together*)

And puts them in her lap.

*(hands in lap)*

*(In a deeper voice)*

Here are grandfather’s glasses,

*(circle fingers around eyes)*

This is grandfather’s hat,

*(hands on head)*

This is the way he folds his arms

*(fold arms)*

And has a little nap.

*(head on one side, close eyes)*

**The elephant**

An elephant goes like this and that

*( standing, sway from side to side heavily.)*

He’s terribly big

*(hands above head)*

And he’s terribly fat

*(hands out wide.)*

He has no fingers

*(wiggle fingers, shake head for no)*

And he has no toes

*(touch toes, shake head for no.)*

But goodness gracious, what a nose!

*(curl arm in front of face for trunk)*

**I am a little teapot**

I am a little teapot *(Показать рукой на себя.)*

Short and stout *(Присесть, обвести руками вокруг себя, указывая тем самым на полноту.)*

Here is my handle *(Левая рука на поясе.)*

Here’s my spout *(Правая рука согнута и отведена в сторону.)*

When the tea is ready *(Помахать рукой над головой.)*

Give me a shout

Then tip me up *(Наклониться в бок.)*

And pour me out *(Наклониться ниже и ниже.)*

**Fingers**

Tommy Thumb

Where are you?

*(Show your thumb.)*

Here I am, here I am

How do you do?

Peter Pointer *(index finger)*

Where are you?

Toby Tall *(middle finger)*

Where are you?

Ruby Ring *(ring father)*

Where are you?

Baby Small *(little finger)*

Where are you?

**Hands up**

Hands up,

Hands down,

Hands on hips,

Sit down.

Stand up,

Hands to the sides

Bend left, bend right.

Hands on hips,

One, two, three – hop,

One, two, three – stop.

Stand still!

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Touch

Touch your shoulder

Touch your knee

Raise your arms

Then drop them, please

Touch your ankles

Pull your ears

Then touch your nose

With your toes go

Tap, tap, tap

Now your fingers

Snap, snap, snap!