Lots of Exercise! (to the tune of “Farmer in the Dell”)
We’re jumping up and down
We’re jumping up and down
We’re getting lots of exercise
We’re jumping up and down.

We twist from side to side
We twist from side to side
We’re getting lots of exercise
We twist from side to side

We bend and touch our toes
We bend and touch our toes
We’re getting lots of exercise
We bend and touch our toes

We stretch up to the sky
We stretch up to the sky
We’re getting lots of exercise
We stretch up to the sky

Book One: It’s a Tiger by David LaRochelle

Book Two: Dancing Feet by Lindsey Craig