If You Please

This is a good stretching activity for your children whose attention is wandering. It also encourages them to listen and follow directions. Have children stand in a circle with you in the middle. Ask children to listen, watch, and copy your actions as you read the poem and act out the words. Pick up the tempo as children learn the words and actions.

Hands on hips,
Hands on knees,
Put them behind you,
If you please.

Lift your hands
Up in the air.
Now on your hair.

Touch you shoulders,
Touch your nose,
Touch your ears,
Now touch your toes.

Lift your hands
Just as before.
And stamp your feet
One-two-three-four!

I Know Many Things

Read the following poem to children and then ask them to name some of the things they know now that they are getting older:

I know that I am bigger
Than when I was three.
I know that my family
Is special to me.

I know that in winter
Some places get cold.
I know that my grandpa
Is someone who's old.

I know lots of colors,
Like green, blue, and red.
I know I must listen
To hear what's being said.