

Stretching Song

Music and Lyrics by: Have Fun Teaching

Stand up straight and look to the left

Now, look to the right

Now, look to the sky

Now, look to the ground

Put your arms up high and stretch to the sky

Put your arms real low and touch your toes

With your left hand point to the right

With your right hand point to the left

Put your left foot forward and lunge, stretch it out

Put your right foot forward and lunge, stretch it out

Put your left foot forward and lunge, stretch it out

Put your right foot forward and lunge, stretch it out

Reach back, put your left foot in your hand and stretch it out

Reach back, put your right foot in your hand and stretch it out

Sit on the floor with your back up straight

We're gonna stretch it out now and it's gonna feel great

Put your legs straight out and touch your toes

Pull your left foot in and stretch to the right, stretch it out

Pull your right foot in and stretch to the left, stretch it out

Pull both legs in and stretch it out, stretch it out, stretch it out

Stand up straight and wiggle your head

Stand up straight and wiggle your arms

Stand up straight and wiggle your hips

Stand up straight and wiggle your legs