

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