



## Stretching Song

First of all  
Please Stand up  
Stand up straight, stand up straight  
Look to the left  
Look to the right  
And do it one more time  
Look to the ground  
Look to the sky  
And do it one more time

Let's carry on  
Stretch your arms  
Stretch them out, stretch them out  
Point to the left  
Point to the right  
And do it one more time  
Point to the ground  
Point to the sky  
And do it one more time

Let's move on  
And put one foot forward  
Stretch it out, stretch it out  
Right foot forward  
Left foot too  
That's what we have to do  
Right foot forward  
Left foot too  
That's what we have to do

Now's the time  
To put one foot in your hand  
Reach your back, reach your back  
Right foot in  
Left foot too  
That's what we have to do  
Right foot in  
Left foot too  
That's what we have to do

We're about to end  
But don't forget to bend  
And do it again, do it again  
Now wiggle your head  
Wiggle your arms  
Do it one more time  
Wiggle your feet  
And just relax  
It's time to say goodbye