



Early Childhood Warm Up

Breath “Where is Thumbkin”

Take a big breath, take a full breath
Breath in deep, breath in deep
Fill your lungs with air, fill them here and there
Calmness keep, calmness keep.

Tactile Flea Song (4 ways)

Squeezing – tapping – patting – brushing
On my toe there is a flea
Now he’s (squeezing) up on me
Past my stomach, past my nose
On my head where my hair grows.

On my head there is a flea
Now he’s (squeezing) down on me
Past my stomach, past my knees
On my toes... take THAT you flea!

Core Distal “Put Your Finger in the Air”

Pull in small, just like a ball to your core
Stretch out wide, from side to side, stretch some more
Pull back in very small
Stretch out big, reach up tall
Curl yourself into a ball to your core.

Head-Tail – (Rap)

Table back, table back, (1,2,3) hands and knees on the ground (1,2,3,4)
Camel back, camel back, (1,2,3,4) curve your back round (4 bts)
Table back, table back, (4) lengthen your spine (4)
Smile back, smile back, (3) make a “U”-shaped line (4)
Table back, table back, (4)straighten once more (4)
Mad cat back, (3) tail and head towards the floor. (4)
Table back (3) now smile that spine. (4)
Lengthen once more, (4) yeah you did just fine!

Sit back on the floor, legs crossed

Upper Body Moves!

Shake, it shake it baby....
Shake it, shake it, baby, my baby (2x)

Shake it to the left, shake it to the right
Shake it all around yourself your doin' alright

Sway your body.....

Lower Body Moves!

Kick it, kick it baby, my baby (2x)
Float the legs....

Feet on the floor, elbows on knees.

Body Side

Open and Shut them, Open and Shut them...turn yourself around
Open and Shut them, Open and Shut them...turn yourself around
Other way!.....

Cross Lateral

Mr. Arm go visit, Mr. Arm go home.
Mrs. Arm go visit, Mrs. Arm go home.

Mr. Leg go visit, Mr. Leg go home.
Mrs. Leg go visit, Mrs. Leg go home.

Mr. Arm and Leg go visit, Mr. Arm and Leg go home.
Mrs. Arm and Leg go visit, Mrs. Arm and Leg go home.

Vestibular – Spinnin'

Spinnin' spinnin' like a top
On a merry go round
But I can't get off
Whoo, whoo, whoo, whoo.
Time to stop. Take a breath

Other way.....

Haunted House

(Breath)

Okay, we're going to a haunted house. Don't be scared! **Take a deep breath**, that will calm you down. Feeling better? **Better take another deep breath...**Okay, let's go....

We're at the front door.

(Tactile)

Squeeze in between the boards, squeeze through the narrow passage.
We're into the front hall. Oooo..water's **dripping on us**on our shoulders, our arms, our head....there's drops on our back too! Oooo....spiders are **skitter over us!** They're **crawling on**

our arms, our neck, our backs, our legs, skittering up and down let's get away from here. Push through the cobwebs....they're **brushing up** against our faces, our arms, all over.....oooo..glad we got through that! I see light coming from that little mouse-sized hole over there.

(Core-Distal)

Get really small I'm sure we can squeeze through it....okay, **stretch out** flat and wiggle through that tunnel. There's a turn up ahead, you're gonna hafta **squeeze up small**, to make it through this next part... and your out into the room. Oh, it's so nice to **stretch out again**.

(Head Tail)

Wow, we're in an old library! **Look up!** The books reach all the way to the ceiling. **Look down.** This old rug must have been really beautiful at one time. Let's dust it off...Ohhhh, it's a magic carpet. Let's **get on our bellies and fly** on it!That was fun!. But we're really covered with dust now. Shake it off.

(Upper Body)

I think there's a secret passage from this room....Check the wall here...and here... and here.....yes! It's a revolving bookcase.

If you just pull that one book there, this bookcase should open...yes! **Just enough to get your head, shoulders, arms and waist through...oh no, we're stuck!** Okay, reach out with your arms and grab that handle. Good, now twist it back and forth....use your whole back....that should loosen the mechanism.....good! the case is moving.

(Lower Body)

Hold on to that handle and just get your lower body through. **Oh no, the floor's not stable. Don't let go of the handle. Our feet are going everywhere! Now, if you just swing one leg forward, now the other...**we're on solid ground again! Phew!

(Body Side)

It sure is dark in here. We'd better try to find a wall. Just **edge along sideways** on the board.... Good! We're to the wall. Let's climb it. Get a good foot and hand hold and pull yourself up, one side and the other. We're to the top now. Good, we can see much better here... but what are we seeing? I'm not sure, let's hide in that suit of armour by the big doorway. That way, whatever it is, it won't see us. Okay, get one side in...get the other side in. I wonder if we can walk in this? It's pretty stiff....but if you **swing one side forward and then the other**, that should work..... let's see what's inside this room...

(Cross Lateral)

Somebody is in there, and it thinks you're scary! It's **skipping** away as fast as it can to that big empty fireplace. Look it's a ghost, and it's afraid of us. Don't be afraid, we won't hurt you.

(Vestibular)

Now it's spinning **up the chimney to get away from us. Hey! Stop! Don't go!** Wait for me up on the roof! Okay it's our turn to **spin the other way** up the chimney. Awww, there's the nice ghost, he's so scared. Don't worry, I'm nice. Would you like to float home with me? Okay. You can come live at my house..... Let's goooooooooo..... ***(Fly back home)***

Children's Warm Up

The air to our lungs moves deeply in.....
Deeply out.....deeply in....
The air to our lungs moves in and out..... in the Breath part of our warm up.

The skin on ourselves is very thin,...very big.... covers all...
The skin on ourselves feels different touch (*glissando, 3 strong sounds, in silence 2 brushes*)
In the Tactile part of our warm up.

The size of our shape grows very big...very small... very big....
The size of our shape grows big and small....
In the Core-Distal part of our warm up.

(double time)
Head on our spine goes side to side (*2x no words*)
Head on our spine goes front to back
Then we wiggle our spine.
Tail of our spine goes side to side,
Front to back on a swing set ride
Tail of our spine goes round and round.
In the Head-Tail part of our warm up.

**SPOKEN: From your waist to the floor, don't move any more
But up above so much to love.**

Sway and swing your upper half
Stretch and reach, swing and sway
Twist your back from side to side
In the Upper Body part of our warm up.

Punch to the sky.....
Punch up high, very strong
Forceful movement, arms long
In the Upper Body part of our warm up.

SPOKEN: Freeze your Upper Body in a special shape, now Lower Body moves.

(spoken) March in place, knees up and down
(sung) Jump and jump and jump around
Hop on one foot on the ground
In the Lower body part of our warm up.

(Instrumental repeat)

Kick and jump and march and hop
In the Lower body part of our warm up.

SPOKEN: Divide yourself right down the middle, one side's chocolate, the other vaniddle.!

(spoken) Freeze the chocolate side, (sung) and melt the other.....melt the other.
Freeze vanilla side and melt the other in the Body Side Part of our warm up.

Vanilla side close to chocolate side, open up your body wide
Chocolate close to vanilla side, now open body wide.

SPOKEN: Draw a line down your spine and up so fine.

(spoken) Chocolate hand... Touch Vanilla knee
Vanilla hand... touch chocolate knee

(sung) That's how we move Cross Laterally

Do your own moves 1,2,3
Try one elbow to one knee
Cross your midline, for you see
That's how we move Cross Laterally.

Spin around, 'round right on your spot.
Eyes are open, mouth is not.
Spin around 'round right on your spot.
SPOKEN: S-T-O-P, Stop!

SPOKEN: Breath in.....Breath out.....Breath in.....Breath out.....

Other way spin easily
Vestibular moves for you and me
SPOKEN: S-T-O-P, Stop!

Brain Bop

Brain Bop
Don't stop, let's Brain Bop.

Breath in
Breath out
Breath in
Breath out

Get in touch, Easy touch,
Gentle Touch, Right touch

Strong Touch, Tap Dance on your skin
Scratch touch, top to toe
Right back to your chin!
Smooth touch, smooth on down
Light touch, Right up to your crown.

Open and Close
Highs and Lows
Reach it wide
From Side to Side
Shrink it small
Like a tiny little ball
Open and Close
Highs and Lows

Wiggle, waggle, Move that spine
Waggle it, a-wiggle it, Move so fine
Wiggle, waggle, Move that spine,
Waggle and a-wiggle it, Move so fine.

Head, Toc, Tickety Toc, Toc Tickety Toc.
Tail Shake Shakety- shake, Shake Shakety-shake.

Upper Body, upper body
Reach to the sky
Upper body, upper body
Stretch so high

Lower body, lower body
Move all around
Lower body, lower body
Feet off the ground

Right side, close to left side
Open up, open wide
Left side, close to right side
Open up, open wide
Climb the wall, like Spiderman
Reach up tall, you can do it!
One side climbing, then the other
There is really nothing to it!

Criss cross applesauce
Cross the line of your spine
Criss cross applesauce
Cross the line of your spine.

Get Busy, Get Dizzy

Spin yourself around.
Spin around, spin around please
Spin yourself, and now it's time to freeze.
Get busy, get dizzy and go the other way
Spin around, spin around please
Spin yourself, and now it's time to freeze..... Peace...out!