

# Brain Bop

Warm Ups for Muscles and Minds



For more information and activities that go with Brain Bop, visit [katekuper.com](http://katekuper.com).

## 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!