



## 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!