



## 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.....

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