

# Dictionnaire sonore - WARM UP

## 1. The body

Your head, your chin, your chest, your arm, your arms, your leg, your legs, your foot, your feet, your hips, your bottom, your toe, your toes, your knee, your knees, your hand, your hands, your heel, your heels, your shoulders, your elbows

## 2. Adjectives, prepositions, adverbs, expressions

Right, left, from side to side, forward, back, apart, together, straight, up, down, on, with

## 3. Verbs

Move, circle, put, tilt, raise, lower, spread apart, wriggle, stand, stand up, reach, touch, bend, lean, jog, hop, jump

## 4. Warm up

Move your head in a circle, to the right, to the left.

Put your chin to your chest.

Tilt your head back / forward / back / forward / from side to side.

Raise your arms

Lower your arms

Raise your right arm / Reach back / Lower your right arm.

Raise your left arm / Reach back / Lower your left arm.

Circle your arms.

Spread your feet apart.

Wriggle your hips.

Circle your hips.

Put your feet together.

Bend forward. / Touch your toes. / Stand up straight.

Put your feet apart.

Lean to the right. / Lean to the left. / Lean to the right. and lean to the left

Touch your right foot with your left hand.

Stand up.

Touch your left foot with your right hand.

Stand up.

Stand on your tip toes.  
Bend your knees  
Stand up.

Raise your right knee.  
Put it down.  
Raise your left knee.  
Put it down.

Jog on a spot.  
Hop on the right leg.  
Hop on the left leg.  
Jump on a spot.

Touch your bottom with your right heel.  
Hold it.  
Lower your right foot.

Touch your bottom with your left heel.  
Hold it.  
Lower your left foot.

Put your hands on your shoulders  
Circle your elbows.  
Put your elbows together.  
And back  
And together  
And back

## 5. Songs

### A) Put your hand on your head

Put your hand on your head, on your head (bis)  
Put your hand on your head  
Tell me : is it green or red ?  
Put your hand on your head

Put your finger on your head, on your head (bis)  
Put your finger on your head  
Tell me : is it green or red ?  
Put your finger on your head

Put your finger on your nose, on your nose (bis)  
Put your finger on your nose  
You can feel the cold wind blow  
Put your finger on your nose

Put your finger on your cheek, on your cheek (bis)  
Put your finger on your cheek  
Leave it there for just a week  
Put your finger on your cheek

Put your finger in your ear, on your ear (bis)  
Put your finger in your ear  
Leave it there for just a year  
Put your finger in your ear

Put your hand on your head, on your head (bis)  
Put your hand on your head  
Tell me : is it green or red ?  
Put your hand on your head

### **B) If you're happy**

If you're happy and you know it,  
Clap your hands, Clap ! Clap !  
If you're happy and you know it,  
Clap your hands, Clap ! Clap !  
If you're happy and you know it,  
Then your really want to show it  
If you're happy and you know it,  
Clap your hands, Clap ! Clap !

If you're happy and you know it,  
Stamp your feet, Boum ! Boum !  
If you're happy and you know it,  
Stamp your feet, Boum ! Boum !  
If you're happy and you know it,  
Then your really want to show it  
If you're happy and you know it,  
Stamp your feet, Boum ! Boum !

If you're happy and you know it,  
Clink your eyes, Clink ! Clink !  
If you're happy and you know it,  
Clink your eyes, Clink ! Clink !  
If you're happy and you know it,  
Then your really want to show it  
If you're happy and you know it,  
Clink your eyes, Clink ! Clink !

If you're happy and you know it,  
Clap your hands, Clap ! Clap !  
If you're happy and you know it,  
Clap your hands, Clap ! Clap !  
If you're happy and you know it,  
Then your really want to show it

If you're happy and you know it,  
Clap your hands.

If you're happy and you know it,  
Slap your thighs, Slap ! Slap !  
If you're happy and you know it,  
Slap your thighs, Slap ! Slap !  
If you're happy and you know it,  
Then your really want to show it  
If you're happy and you know it,  
Slap your thighs, Slap ! Slap !

If you're happy and you know it,  
Snap your fingers, Snap ! Snap !  
If you're happy and you know it,  
Snap your fingers, Snap ! Snap !  
If you're happy and you know it,  
Then your really want to show it  
If you're happy and you know it,  
Snap your fingers, Snap ! Snap !

You can also sing it with “Nod your head”, “Tap your foot”

### **C) Head and shoulders**

Head, shoulders, knees and toes, knees and toes,  
Head, shoulders, knees and toes, knees and toes,  
And eyes and ears and mouth and nose,  
Head, shoulders, knees and toes, knees and toes.

### **D) Head and shoulders**

Put your left arm in,  
Put your left arm out,  
In, out, in, out,  
Shake it all about,  
You do the Hokey Cokey  
And you turn around  
That's what it's all about.

Oh Hokey Cokey Cokey  
Oh Hokey Cokey Cokey  
Oh Hokey Cokey Cokey  
Knees bent, arms stretched,  
Raa, raa, raa

### **E) With my foot**

With my foot, I tap, tap, tap  
With my hands, I clap, clap, clap,  
Left foot first, right and then,  
Round and round and back again

### **BONUS**

Dreamer by Supertramp

*Well can you **put your hands in your** head, oh no! ...Well can you **put your hands in your** head, oh no! ...So now you **put your head in your** hands, oh no! ...Take a dream **on a** Sunday ...Well can you **put your hands in your** head, oh no! ...Well can you **put your hands in your** head, oh no!*