

WARM UP BEFORE SINGING

Wriggle your body.

Shake your arms.

Raise your arms

Lower your arms

Put your hands on your shoulders

Circle your shoulders.

Circle your hips.

Circle your head.

Spread your feet apart.

Shake one foot. Shake the other foot.

Shake your feet.

Put your feet together. Put your feet apart.

Elbow on knee. Now cross and count till 12.

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

Bend your knees / Stand up straight.

Now, circle your head

Rub your hair

Rub your neck

Rub your forehead

Rub your cheeks

You can yarn

Stretch your arms

You can yarn again.

<https://www.youtube.com/watch?v=wwtoqCP88Mw>

<https://www.youtube.com/watch?v=CNMyh5OyfGE>

Brain Breaks - Dance Song - Dancing Robots : <https://www.youtube.com/watch?v=hpLULy-gjvc>

Move and Freeze <https://www.youtube.com/watch?v=388Q44ReOWE>

Musical education

<https://www.youtube.com/watch?v=K5ibRYDBFTw>

<http://www.artisfoundation.org.uk/teaching-resources/>

[Clap and click concentration focus](#)

First you make your fingers click

Then you stamp your feet

Both hands slap your knees

And clap on the beat!

Hands up

Stretch your arms

Shake your hands

Roll your shoulders

Roll them back the other way

Breathe in through your nose

Sing My mum