



## **I Can Stretch and I Can Bend.**

***I can stretch and I can bend,***

***On my own or with a friend.***

***Being active keeps me strong,***

***Keeps me healthy all day long.***

***When I want to feel just right***

***I am active day and night!***

- Sing to the tune of Twinkle Twinkle Little Star
- While singing, reach to the sky then crouch down to the ground ( one time each for lines 1 and 2); march on the spot arms pumping (middle 2 lines) ; Sway like a tree in the wind with both arms overhead (last 2 lines)