

EXERCISES FOR EYES

It's time to have a rest.

Look left, right

Look up, look down

Look around.

Look at your nose

Look at that rose

Close your eyes

Open, wink and smile.

EXERCISES FOR HANDS AND FINGERS

It's time to have a rest.

I have ten little fingers

And they all belong to me.

I can make them do many things.

So would you like to see?

I can shut them up tight.

I can open them wide.

I can put them together

Or make them all hide.

It's time to have a rest.

Stand up, please!

Put your right hand in,

Put your right hand out.

In, out, in, out,

And turn around.

It's time to have a rest.

Stand up, please!

Hands on the head,

Hands on the hips,

Hands on the table,

Hands like this (shake)

Hands on the shoulders,

Hands up and down,

Hands behind the head

And sit down!

It's time to have a rest.

Stand up, please!

If you are happy and you know it

Clap your hands!

If you are unhappy and you know it

Clap your hands!

If you are happy and you know it

And you really want to show it,

If you are happy and you know it

Clap your hands!

Close your eyes,

Step your feet,

Wink one eye,

Touch your nose (head, ear, etc.),

Jump so high!

It's time to have a rest.

Stand up, please!

Hands up! Clap, clap.

Hand on the hips! Step, step!

Bend your left,

Bend your right,

Turn yourself around.

Hands up! Hands down!

Hands at sides and sit down!

It's time to have a rest.

Stand up, please!

Hands on your hips, hands on your knees,

Put them behind you if you please.

Touch your shoulders, touch your nose,

Touch your ears, touch your toes.

Raise your hands high in the air,

At your sides, on your hair.

Raise your hands as before

While your clap: one, two, three, four.

It's time to have a rest.

Stand up, please!

Head and shoulders,

knees and toes, knees and toes!

Head and shoulders,

knees and toes,

eyes, ears, mouth and nose!

It's time to have a rest.

Stand up, please!

Hands down!

Hands on hips!

Sit down!

Stand up!

Hands up!

Hands to the sides!

Turn to the left!

Bend right!

Stand still!

Stop!

Hands up!

It's time to have a rest.

Stand up, please!

Hands up! Clap! Clap! Clap!

Hands down! Shake! Shake! Shake!

Hands on hips! Jump! Jump! Jump!

Hop! Hop! Hop! Stand still !

It' s time to have a rest.

Stand up, please!

Hands up! Clap! Clap!

Hands down! Clap! Clap!

Feet apart! Feet together! (twice)

Turn left! Hop! Hop!

Turn right! Hop! Hop!

Nod your head! Hop! Hop!

Stamp your feet! Hop! Stop!

It's time to have a rest.

Stand up, please!

Your head is a ball. Roll your ball!

Hop on the left foot!

Hop on the right foot!

Raise your hands!

Hands down!

Bend right!

Bend left!

Jump however you want!

You are in the forest.

Pick up flowers and berries!

You can see the high mountain.

Can you climb it?

It's time to have a rest.

Stand up, please!

Teddy Bear, Teddy Bear, touch your nose

Teddy Bear, Teddy Bear, touch your toes;

Teddy Bear, Teddy Bear, touch the ground,

Teddy Bear, Teddy Bear, turn around.

Teddy Bear, Teddy Bear, turn around,

Teddy Bear, Teddy Bear, touch the ground,

Teddy Bear, Teddy Bear, reach up high

Teddy Bear, Teddy Bear, wink one eye,

Teddy Bear, Teddy Bear, slap your knees,

Teddy Bear, Teddy Bear, sit down please.

It's time to have a rest.

Stand up, please!

This is my right hand,

I'll raise it up high (Raise the right hand)

This is my left hand,

I'll touch the sky. (Raise the left hand.)

Right hand, (Show the right palm.)

Left hand, (Show the left palm)

Roll them around. (Roll hands around)

Left hand, (Show the left palm)

Right hand, (Show the right palm)

Turn around, turn around.

It's time to have a rest.

Stand up, please!

Hands up! Hand down!

Shake! Shake!

Stand up! On the tiptoes

Turn around. Step aside,

Step left ! Step right !

It's time to have a rest.

Stand up, please!

Let's play now!

One, two – tie your shoe!

Three, four – mop the floor!

Five, six – pick up bricks!

Seven, eight – wash a plate!

Nine, ten – begin again!

(That's the end!)

Listen to me and do what I ask you.

Clap, clap, clap your hands,

Clap your hands together.

Spin, spin, spin around,

Spin around together.

Wink, wink, wink your eyes

Wink your eyes together.

Dance, dance, dance about,

Dance about together.

Shake, shake, shake your hands,

Shake your hands together.

Smile, smile at your friends,

Let us smile together.

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If you have got parents, please, stand up!

If you have got brothers, touch your nose!

If you have got sisters, touch your ears!

If you have got cousins, please, close your eyes!

If you have got grandparents, please, smile!

If you have got aunts and uncles, please, clap your hands!

It's time to have a rest.

Stand up, please!

Giraffes are tall, with necks so long.

(Stand on tip toes; raise arms high up into the air)

Elephants' trunks are big and strong.

(Make trunk with a hand and an arm)

Zebras have stripes and can gallop away,

(Gallop around in a circle)

While monkeys in the trees do sway.

(Sway back and forth)

Old crocodile swims in a pool so deep,

(Pretend to swim)

Turtles in the sun go to sleep.

(Lay head on hands and close eyes)

It's time to have a rest.

Hands up, hands down,

Hands on hips, sit down.

Stand up, hands up, to the sides,

Bend left, Bend right.

One, two, three-hop,

One, two, three-stop.

Clap your hands.