



Walking, Walking

Walking, walking. Walking, walking.

*Hop, hop, hop. Hop, hop, hop.

Running, running, running. Running, running, running.

Now let's stop. Now let's stop. (Place both hands out in front of you, palms facing forward.)

Walking, walking. Walking, walking.

*Hop, hop, hop. Hop, hop, hop.

Running, running, running. Running, running, running.

Now let's stop. Now let's stop. (Place both hands out in front of you, palms facing forward.)

Tiptoe tiptoe. Tiptoe tiptoe. (Walk on your toes.)

Jump jump jump. Jump jump jump.

Swimming swimming swimming. (Make a swimming motion.)

Now let's sleep. Now let's sleep. (Rest your head against your hands or lie down on the ground and pretend to sleep.)

Wake up! (Eyes open! Look alert!)

It's time to go! (Look at your watch.)

Are you ready to go fast? (Run in place quickly.)

[quickly]

Walking, walking. Walking, walking.

*Hop, hop, hop. Hop, hop, hop.

Running, running, running. Running, running, running.

Now let's stop. Now let's stop.

Walking, walking. Walking, walking.

*Hop, hop, hop. Hop, hop, hop.

Running, running, running. Running, running, running.

Now let's stop. Now let's stop.

Whew! (Wipe your brow with your forearm.)

<http://www.youtube.com/watch?v=5NzBD98NHCQ&feature=related>