

ACTION KIDS WARM UP

1

CHORUS

We are the Action Kids,
Action Kids, Action Kids

We are the Action Kids, we're always on the move.
(Hands and arms above heads and sway from side to side)

Are we healthy? *(Hands on hips)* YES WE ARE! *(Stretch)*
Are we happy? *(Hands on hips)* YES WE ARE! *(Stretch)*

We can stretch and bend and move *(dance about)*

We can play and dance and groove *(dance about)*

We are the Action Kids, Action Kids have FUN
(Sway arms then stretch on "FUN")

Stretch and stretch and stretch up high
Try to reach up to the sky

(Slowly stretch up high)

Bend your knees just a little bit more

Bend and bend and touch the floor

(Slowly bend knees and touch the floor)

Bounce up and down upon the spot

Now skip about and move a lot.

(Bounce and skip)

Music Only

*(Skip, bounce, walk, etc to the music
on their own and join in with...)*

We are the Action Kids and
Action Kids have FUN!

This song can be used
at any time to get children
moving.
You can do any actions you
wish, but if you
want some ideas, here are
our suggestions:

SONG

TRACK 1