



# Notion for Motion

**Moore Memorial Public Library**

1701 9TH Ave. N.

Phone: (409) 643-5983

[www.texascity-library.org](http://www.texascity-library.org)

**More Motion Books to Enjoy:**

**E CRONIN**

Stretch

**E CRONIN**

Wiggle

**E LIONNI**

Let's Play

**E NEWCOME**

Head, Shoulders, Knees, and Toes: And Other Action Rhymes

**E SCHACHNE**

Skippyjon Jones:  
Shape Up

**E WALSH**

Hop Jump



**Moving Rhymes:**

I'll touch my hair, my lips, my eyes.  
I'll sit up straight, and then I'll rise.  
I'll touch my ears, my nose, my chin.  
And then I'll sit back down again.



Hands, on shoulders, hands on knees, hands behind you, if you please.  
Touch your shoulders, and now your nose. Now your hair and then your  
toes. Hands up high in the air, down at your sides, and touch your hair.  
Hands up high, as before, now clap your hands, one, two, three, four.

**Some Moving Activities:**

- Give yourself a good stretch, and stretch up as high and you can go, touch the ground, then stretch from side to side
- Try dancing the "chicken dance," "the Macarena," or "Head and Shoulders, Knees and Toes"
- Play tag with your friends and make sure to take turns being "it"