



Yum Yum In my tum, healthy food right on

Yippee yai exercise , makes my muscles strong

I can roll (roll roll roll) I can flap (flap flap flap)

I can stretch (Str-ee-t-ch) and I can clap

I can stand up (e tu) and touch my toes (touch my toes)

Reach for the sky (high high high) and squash my nose!

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I can walk (walk walk walk) I can hop (hop hop hop)

I can run (run run run) and I can stop (stoppity stop)

Boogie woogie Boogie woogie and turn around (turn around)

Bend my knees (bend my knees) and sit right down



Story Pie

Katannafiddle
Healthy Tales & Tunes