

## Stand Up, Sit Down

- Ask all the children to stand in a circle.
- Explain that they are going to say the 'Stand Up, Sit Down' rhyme, from the accompanying poem.
- Children will say the rhyme and do the actions.
- Children could repeat the rhyme at different paces e.g. slowly/quickly.
- Play the game for about 5 minutes.



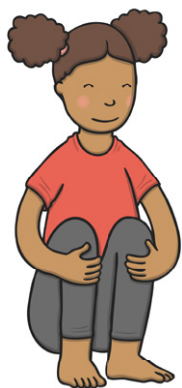
# Stand Up, Sit Down

Stand Up, Sit Down

I wiggle my fingers (wiggle fingers),  
I wiggle my toes (wiggle toes),  
I wiggle my bottom (wiggle bottom),  
And touch my nose (touch with both hands).

Stand up, sit down x 4

I shake my hands (vigorous shaking),  
I shake my feet (sit down & shake vigorously),  
I shake my body (stand up & shake vigorously),  
And march to a beat (children march on spot).



Stand up, sit down x 4

