

# I WOKE UP IN THE MORNING

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GRADES: K-1

FORMATION: Standing in their own personal space

EQUIPMENT: NONE

LEARNING OUTCOMES: LANGUAGE ARTS: Rhyming words and movement

SAFETY CONSIDERATIONS: Remind participants to be cautious when moving and to be aware of the personal space of others. Check that the participants have enough space to perform the activities safely.

RULES/DIRECTIONS:

Say the following rhyme as students do the corresponding actions.

I woke up in the morning (students yawn and raise arms)

And I jumped out of bed (jump up)

Put some clothes on my body (pretend to get dressed)

And a hat on my head (pretend to put a hat on)

Took a leap to the kitchen (large step)

And I ate my toast (pretend to eat)

Listened to the news (hand on ear)

From coast to coast (arm from one side to another)

Looked out the window to check the sun (hand shielding eyes)

Ran out the door (run on the spot)

To have some fun. (do a jumping jack)