



908-654-5899



Weekly Lesson

April 8 - 12, 2019

## BENDY ELBOWS AND BENDY KNEES



Sing a Song students at Peppermint Tree School

This week, we are all about that gross motor movement, with a favorite, Sing a Song original: "Bendy Elbows and Bendy Knees." Our students love the big movements this song inspires!

Because most of our students are still learning how to sit still, we make sure to give them the opportunity to get up, and move during their Sing a Song classes. We love to get on our feet, and get our bodies moving, because that makes it easier for us to sit and focus on the next songs!

### BENDY ELBOWS AND BENDY KNEES

We have bendy elbows, and bendy knees:

Bendy elbows, and bendy knees.  
Bendy elbows, and bendy knees,  
Good for climbing trees!

Bend your arms toward you,  
Now hold them straight. (Repeat 3x)  
Aren't your elbows great?

Touch elbows in,  
And then turn them out. (Repeat 3x)



Bend one knee up,  
And hold it there.

That's what they're about!

(Repeat 3x, switching legs)

Try it if you dare!

Repeat first verse.

All Sing A Song songs and activities develop various areas of age-appropriate skills, including language development, gross motor skills, fine motor skills, creative thinking, listening skills, social interaction skills, self-expression, imaginary play, autonomy and self-esteem.

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