

„Touch your head”.

Touch your head.
Touch your nose.
Clap your hands.
Touch your toes.
Sit down, stand up.
Everybody turn around.
Put your hands up and put your hands down.

Let's go faster!

Touch your head.
Touch your nose.
Clap your hands.
Touch your toes.
Sit down, stand up.
Everybody turn around.
Put your hands up and put your hands down.

One more time!

Touch your head.
Touch your nose.
Clap your hands.
Touch your toes.
Sit down, stand up.
Everybody turn around.
Put your hands up and put your hands down.

https://www.youtube.com/watch?time_continue=45&v=c0Vvt4Pikg4&feature=emb_logo

https://www.youtube.com/watch?time_continue=29&v=LoSu4FwFMwU&feature=emb_logo