

Stand Up Straight and Tall

Action Poem



All may stand up straight and tall.
Chins up high, one and all!

Hands on hips, hands on knees,
Put them behind you if you please.

Touch your fingers, now your nose,
Touch your ears, and now your toes.

Raise your hands up high in the air,
Down at your sides, now touch your hair.

Now if you please, touch your elbows,
Now your knees.

Raise your hands up high as before,
Now sit down, hands quiet once more.

Eyes to the front, feet on the floor.