

WARM UP

Instructions:

- Music available.
- Teacher and children sing along.
- Add suggested gestures and/or dance freely.

In line with the following NAEYC® and private preschool areas of development:
Social Development • Physical Development
• Cognitive Development • Creative Expression and Appreciation for the Arts
• Music and Movement • Counting



Fifteen Steps (CD2 – TRACK 1)

Counting helps us to know...
where we've been and how far we have to go.

One step, two steps, three steps, four,
four steps here, let's step some more.

Five steps, six steps, seven steps, eight,
follow me, let's not be late.

Nine steps, ten steps, eleven and twelve,
we might turn into stepping elves!

Thirteen, fourteen, fifteen steps too,
I'm all stepped out now, how 'bout you?

Counting helps us to know...
where we've been and how far we have to go.

Suggested Gestures

Know: Point to head.

One, two, three, four: Hold up appropriate
number of fingers for each.

Five, six, seven, eight: Hold up appropriate
number of fingers for each.

Nine, ten: Hold up appropriate number of
fingers for each.

Turn: Turn body around once.

Stepped out: Step in place.

How 'bout you: Raise hands as if to question.

Know: Point to head.