

Have you ever seen the moo-moo  
Come to tea  
Have a look at me  
The moo-moo you will see  
Moo-moo! Attention!  
Moo - moo ! Begin  
Right arm ! (поднимаем и машем)

Повторяем первую часть и добавляем:

Left arm            Right leg  
Left leg            Nod your head  
Turn around      Sit down

These are mother's forks and knives  
( пальцы обеих рук скрещены )  
This is mother's table  
( изображаем столик )  
This is mother's looking glass  
( изображаем зеркальце и  
прихорашивающуюся маму )  
This is baby ' s cradle .  
( колыбелька для ребенка )

Five little gentlemen  
Going for a walk.  
Five little gentlemen  
Stop for a talk.  
Along came five ladies  
They stood all together  
And they began to dance.  
(5 пальчиков – джентельмены, 5 пальчиков – леди, они встречаются и начинают танцевать)

### Зарядка для глаз.

Look left, right  
Look up, look down  
Look around.  
Look at your nose  
Look at that rose  
Close your eyes  
Open, wink and smile.

### Let's have a rest.

Put your right hand in,  
Put your right hand out.  
In, out, in, out,  
And turn around.

### Let's have a rest.

If you are happy and you know it  
Clap your hands!  
If you are unhappy and you know it  
Close your eyes!  
If you are happy and you know it  
And you really want to show it,  
Clap your hands! Step your feet, wink one eye,  
touch your nose (head, ear, etc.), jump so high

### Let's play the game " Be attentive "

#### Listen to me and do what I ask you.

Hands down! - Руки вниз!  
Hands on hips! - Руки на бедра!  
Sit down! - Садись!  
Stand up! - Встань!  
Hands up! - Руки вверх!  
Hands to the sides! - Руки в стороны!  
Turn to the left! - Поворот налево!  
Bend right! - Наклон вправо!  
Stand still! - Стойте смирно!  
Stop! - Стой!  
Hands up! - Руки вверх!

## Let's have a rest.

Hands up! Clap, clap.

Hand on the hips! Step, step!

Bend your left,

Bend your right,

Turn yourself around.

Hands up! Hands down!

Hands at sides and sit down!

## Let's learn the new poem about our fingers.

I have ten little fingers

And they all belong to me.

I can make them do many things.

So would you like to see?

I can shut them up tight.

I can open them wide.

I can put them together

Or make them all hide.

## Listen to me and do what I ask you.

Hands on your hips, hands on your knees,

Put them behind you if you please.

Touch your shoulders, touch your nose,

Touch your ears, touch your toes.

Raise your hands high in the air,

At your sides, on your hair.

Raise your hands as before

While your clap: one, two, three, four.

## It's time to have a rest. Stand up, please!

## Let's do exercises.

Hands up! Clap! Clap! Clap!

Hands down! Shake! Shake! Shake!

Hands on hips! Jump! Jump! Jump!

Hop! Hop! Hop! Stand still !

## It's time to have a rest. Stand up, please!

Arms up! Clap! Clap!

Arms down! Clap! Clap!

Feet apart! Feet together! (twice)

Turn left! Hop! Hop!

Turn right! Hop! Hop!

Nod your head! Hop! Hop!

Stamp your feet! Hop! Stop!

## Listen to me and do what I ask you.

Your head is a ball. Roll your ball!

Hop on the left (right) foot!

Raise your hands!

Hands down!

Bend right ( left)!

Jump however you want!

You are in the forest. Pick up flowers and berries!

You can see the high mountain. Can you climb it?

## Let's have a rest.

Hands up! Hand down! Shake! Shake!

Stand up! On the tiptoes

Turn around. Step aside,

Step left ! Step right !

## Listen to me and do what I ask you.

Hands on the head,

Hands on the hips,

Hands on the table,

Hands like this (shake)

Hands on the shoulders,

Hands up and down,

Hands behind the head

And sit down!

## It's time to have a rest. Stand up, please!

Teddy Bear, Teddy Bear, touch your nose

Teddy Bear, Teddy Bear, touch your toes;

Teddy Bear, Teddy Bear, touch the ground,

Teddy Bear, Teddy Bear, turn around.

Teddy Bear, Teddy Bear, turn around,

Teddy Bear, Teddy Bear, touch the ground,

Teddy Bear, Teddy Bear, reach up high

Teddy Bear, Teddy Bear, wink one eye,

Teddy Bear, Teddy Bear, slap your knees,

Teddy Bear, Teddy Bear, sit down please.

## It's time to have a rest.

This is my right hand,

I'll raise it up high (Raise the right hand)

This is my left hand,

I'll touch the sky. (Raise the left hand.)

Right hand, (Show the right palm.)

Left hand, (Show the left palm)

Roll them around. (Roll hands around)

Left hand, (Show the left palm)

Right hand, (Show the right palm)

Turn around, turn around.

## Let's do exercises.

Giraffes are tall, with necks so long. (Stand on tip toes; raise arms high up into the air)

Elephants' trunks are big and strong. (Make trunk with a hand and an arm)

Zebras have stripes and can gallop away, (Gallop around in a circle)

While monkeys in the trees do sway. (Sway back and forth)

Old crocodile swims in a pool so deep, (Pretend to swim)

Turtles in the sun go to sleep. (Lay head on hands and close eyes)

## It's time to have a rest.

Head and shoulders,

knees and toes, knees and toes, knees and toes!

Head and shoulders,

knees and toes,

eyes, ears, mouth and nose!

### **Let's play now!**

One, two – tie your shoe!

Three, four – mop the floor!

Five, six – pick up bricks!

Seven, eight – wash a plate!

Nine, ten – begin again!

(That's the end!)

### **Listen to me and do what I ask you.**

Clap, clap, clap your hands,

Clap your hands together.

Spin, spin, spin around,

Spin around together.

Wink, wink, wink your eyes

Wink your eyes together.

Dance, dance, dance about,

Dance about together.

Shake, shake, shake your hands,

Shake your hands together.

Smile, smile at your friends,

Let us smile together.

### **It's time to have a rest.**

Hands apart,

My hands up, clap!

Hands down,

My hands on hips!

Bend left!

Bend right!

Jump, go, fly, swim!

### **It's time to have a rest. Stand up, please!**

I put my hands upon my hips, I turn myself around.

I raise my hands above my head

And then I touch the ground.

My hands upon my head I place,

On my shoulders, on my face.

Then I raise them up on high

And make my fingers quickly fly

Then I put them in front of me

And gently clap:

one, two, three.