ПРИЛОЖЕНИЕ 2.

РИФМОВКИ – ЗАРЯДКИ.

1.Clap your hands, clap your hands, clap, clap, clap!

Stamp your feet, stamp your feet, stamp, stamp, stamp!

2. Hands up. Hands down.

Hands on heaps, turn around!

Hands up, to the sides!

Bend left, bend right!

1 2 3 – hop!

1 2 3 – stop!

Stand still.

3. Head and shoulders,

Knees and toes -3 раза

Head and shoulders, knees and toes,

Eyes, ears, mouth and nose!

Используем любую из рифмовок, возможны повторы и музыкальное сопровождение.