

Rainy Day Action Rhymes

When recess outdoors is not an option,
action rhymes are a great way to get the whole class moving! Make up any
tune; ask students to repeat the rhymes, moving as the words direct them.
Invite students to write their own action rhymes.

ABC, 1,2,3,
Let's get moving,
You and me!

Clap your hands together,
Make some clappin' music,
It's fun to do in rainy weather.

Grab the back of your chair,
Squat three times, then
Squat hands free if you dare.

Hands on your waist, twist and turn,
Bend right and left,
We have calories to burn!

Snap your fingers to the beat,
March in place
Behind your seat.

Stretch your arms high,
Pump them up and down,
Stretch your arms towards the sky.

Jump, jump, jump up and down,
Cross your elbows,
Jump again and turn around.

For P.E. fun on a rainy day
Our classroom is a gym
Jump once and shout "Hooray!"