

1. Legs, Feet & Hips

Feet – All Over
This little piggy
Bottom of the foot
Ankle Circles
Pull Foot
Flex ankle
Bicycle
North->South Milking
Baseball Bat
South->North Milking
Rolling leg
Clap Feet
Bum Rub
Bicycle & Clap Feet
Shake & Straighten
Stroke Legs
Cup bottom & sweep legs

2. Belly

Smooth Tummy
Ankles up & Smooth Tummy
Smooth to sides
Sun & Moon
I Love You
Let your fingers do the walking
Squeeze that belly

4. Shoulders and Arms

So Big
Armpits
North->South Milking
Baseball Bat
What's in your hand?

Smiling Lips
Jaw Circles
Ears

6. Head

Cup head

Circles all over

Cup and Stroke

This little finger rolls
Hand – all over
Wrist circles

South->North Milking

Rolling

Sweep Arm

Sweep Body

7. Neck and Back

Long strokes neck to bum

Open the book

East West back forth

Cup Bottom & Stroke

Neck to feet Strokes

Circles on Back & Bottom

Comb gently top to bottom

3. Chest

Open the book
Chest to Shoulders
Cupping
X Rub
Sweep

5. Face

Open the forehead book
Eye lids
Cheeks