

SOF RINGS & SWINGS + THEME SAFARI

WARM-UP WEEK 1

Warm-up song: "Elephant Dance" song (Sing and Play Purple)
Act out the song - watch the YouTube video for the actions

After the warm-up song, incorporate animals into your stretching - here are some ideas:

🐢 Tortoise/Turtle
- Tuck sit
- Rock & Roll

🐘 Elephant
- Straddle stretch
- Reach "trunk" to one foot, middle, other foot

🦋 Butterfly
- Butterfly stretch while flying around looking for safari or jungle animals

🐍 Snake
- Cobra stretch
- Slithering on tummy

🐅 Tiger
- Cat stretch (arch & hollow)

SOF RINGS & SWINGS + THEME SAFARI



Warm-up song: "Elephant Dance" song (Sing and Play Purple)

from Maple Leaf Learning

Well I have **two big ears**. And a **long, long nose**. And a **big, big, big belly**. And **stinky toes**. A **little tail**. **Two round eyes**. I'm a big elephant. **Let's dance guys**!

Oh stomp, stomp, stomp. Wiggle, wiggle, wiggle. Stomp, stomp, stomp. Wiggle, wiggle, wiggle. Stomp, stomp, stomp. Wiggle, wiggle, wiggle. Doing the elephant dance.

Stomp, stomp, stomp. Wiggle, wiggle, wiggle. Stomp, stomp, stomp. Wiggle, wiggle, wiggle. Stomp, stomp, stomp. Wiggle, wiggle, wiggle. Doing the elephant dance.

Well I have two big ears. And a long, long nose. And a big, big, big belly. And stinky toes. A little tail. Two round eyes. I'm a big elephant. Let's dance guys!

Oh stomp, stomp, stomp. Wiggle, wiggle, wiggle. Stomp, stomp, stomp. Wiggle, wiggle, wiggle. Stomp, stomp, stomp. Wiggle, wiggle, wiggle. Doing the elephant dance.

Stomp, stomp, stomp. Wiggle, wiggle, wiggle. Stomp, stomp, stomp. Wiggle, wiggle, wiggle. Stomp, stomp, stomp. Wiggle, wiggle, wiggle. Doing the elephant dance.

Walk, walk, walk, walk, stop! Run, run, run, run, stop! Stomp, stomp, stomp, stomp, stop! Wiggle, wiggle, wiggle, wiggle, wiggle, wiggle, wiggle, wiggle, wiggle, stop!

Well I have two big ears. And a long, long nose. And a big, big, big belly. And stinky toes. A little tail. Two round eyes. I'm a big elephant. Let's dance guys!

Stomp, stomp, stomp. Wiggle, wiggle, wiggle. Stomp, stomp, stomp. Wiggle, wiggle, wiggle. Stomp, stomp, stomp. Wiggle, wiggle, wiggle. Doing the elephant dance.

Stomp, stomp, stomp. Wiggle, wiggle, wiggle. Stomp, stomp, stomp. Wiggle, wiggle, wiggle. Stomp, stomp, stomp. Wiggle, wiggle, wiggle. Doing the elephant dance. Doing the elephant dance. Doing the elephant dance.