

Blow the Wind

by Carole Stephens c.2010

Blow the wind, blow the wind, blow the wind 'round
Blow the wind, blow the wind, down to the ground
Blow the wind, blow the wind, blow the wind high
Blow the wind, blow the wind, let your scarf fly! Whee!

Using your hands, a streamer, or scarf, make large circles in front of your body. For the repeat, use the other hand (probably the non-dominant hand) for the best workout!

NOTE: this one is great with babies, too! Place the baby on their tummy and toss scarf up in the air so that they follow it with their eyes!