

Shape Up

Words and Music by Jack Hartmann, copyright 2011 Jack Hartmann

Circle, Square, Triangle, Rectangle

Spread your feet out wide, put your arms out front
Circle round and round, everyone shape up
Make a square in the air, feel your muscles pump
Use your legs and arms, everyone shape up

Now let's make shapes all together, don't you stop
Follow me and move your body, let's shape up

Circle

Go round like the sun, go round like a ball
A circle, a circle has no straight lines at all
We made a circle

Square

Straight line down then across, back up then one more line
A square, a square has four equal sides
We made a square

Triangle

Slant down, then across, slant back up high
A triangle, triangle only has three sides
We made a triangle

Rectangle

Line short, line long, line short, then straight home
A rectangle, a rectangle, two short and two long
We made a rectangle

Oval

Squish a circle down, go all the way around
An oval, an oval, no straight lines to be found
We made an oval

(Chorus)

Shapes are all around, just look they can be found
A box can be a square, a wheel is a circle
A teepee is a triangle, a house can be a rectangle
A football is an oval, look around, shape up!