

# Touch the Ground

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Touch the ground, turn around.  
Touch your toes, then your nose.  
Stretch your arms up high and reach for the sky!  
Give a clap, then a snap.  
Tap your feet, to the beat.  
Raise your arms and try to fly!

## **Last time:**

Touch the ground, turn around.  
Touch your toes, then your nose.  
Stretch your arms up high and reach for the sky!  
Give a clap, then a snap.  
Tap your feet; take a seat!  
Raise one arm and wave good-bye!