



## Swing and Sway

O.K. **Choosy** kids lets march to the park to find a **strong**, healthy **tree**....

**1, 2**, ready march! .... And **Freeze**

Wow! Look at that **tree!**

Can you pretend that you're a **tree** just like that one?

Put your arms up and sway side-to-side....

Now sway back and forth.

Whoa! It's getting really **windy**.

Make sure your feet are stuck to the ground,

And **Freeze!**

Hey, there's a **swing** hanging from one of the branches.

Can you swing your arms back and forth just like the swing?

Let's try it.

Now swing one of your legs?

Now swing your other leg.

Now swing your hands....

And **Freeze!**

Wow it's really **fun** to swing and sway.

What a **busy** day.

Lets march home.

**1, 2**, ready march!...