**RRST Body Parts and Action Songs**

**Shake your sillies out**

I've gotta shake, shake, shake my sillies out
Shake, shake, shake my sillies out
Shake, shake, shake my sillies out
And wiggle my waggles away

I've gotta clap, clap, clap my crazies out
Clap, clap, clap my crazies out
Clap, clap, clap my crazies out
And wiggle my waggles away

I've gotta jump, jump, jump my jiggles out
Jump, jump, jump my jiggles out
Jump, jump, jump my jiggles out
And wiggle my waggles away

I've gotta yawn, yawn, yawn my sleepies out
Yawn, yawn, yawn my sleepies out
Yawn, yawn, yawn my sleepies out
And wiggle my waggles away

I've gotta shake, shake, shake my sillies out
Shake, shake, shake my sillies out
Shake, shake, shake my sillies out
And wiggle my waggles away
And wiggle my waggles away



Im So Happy

Na Na Na I'm So Happy
O So Happy, Sing With Me
Na Na Na I'm So Happy O So Happy Sing with Me

Clap Clap Clap Your Hands
Stamp Stamp Stamp Your Feet
Swing Swing Swing Your Arms
Dance Everybody And Sing With Me

Na Na Na I'm So Happy
O So Happy, Sing With Me

Jump Jump Jump Around
Touch The Sky And Touch The Ground
Shake Shake Shake Your Hips
I Know A Song And It Goes Like This

Na Na Na I'm So Happy O So Happy Sing With Me

Clap Clap Clap Your Hands
Stamp Stamp Stamp Your Feet
Swing Swing Swing Your Arms
Dance Everybody And Sing With Me
Jump Jump Jump Around
Touch The Sky And Touch The Ground
Shake Shake Shake Your Hips I Know A Song And It Goes Like This
Na Na Na I'm So Happy O So Happy Sing With Me
Na Na Na I'm So Happy O So Happy Sing With Me
Na Na Na I'm So Happy O So Happy Sing With Me

Head, shoulders, knees and toes

Head, shoulders, knees and toes
Knees and toes
Head, shoulders, knees and toes
Knees and toes
And eyes, and ears, and mouth, and nose
Head, shoulders, knees and toes
Knees and toes

Head, shoulders, knees and toes
Knees and toes
Head, shoulders, knees and toes
Knees and toes
And eyes, and ears, and mouth, and nose
Head, shoulders, knees and toes
Knees and toes

**If Your Happy and you know it**

If you're happy and you know it, clap your hands
If you're happy and you know it, clap your hands
If you're happy and you know it, then your face will surely show it
If you're happy and you know it, clap your hands

If you're happy and you know it, stomp your feet
If you're happy and you know it, stomp your feet
If you're happy and you know it, then your face will surely show it
If you're happy and you know it, stomp your feet

If you're happy and you know it, shout "Hurray!" (Hurray!)
If you're happy and you know it, shout "Hurray!" (Hurray!)
If you're happy and you know it, then your face will surely show it
If you're happy and you know it, shout "Hurray!" (Hurray!)

If you're happy and you know it, do all three (hurray!)
If you're happy and you know it, do all three (hurray!)
If you're happy and you know it, then your face will surely show it
If you're happy and you know it, do all three (hurray!)



Shake, shake, shake it out

Shake, shake, shake it out

Shake it out!

Shake, shake, shake it out

Shake, shake, shake it out

Shake it out!

Shake your **arms**

Shake, shake, shake your **arms**

Shake your **arms**

Shake, shake, shake your **arms**

Shake your arms

Shake, shake, shake your **arms**

And freeze!

Shake, shake, shake your **legs**

Shake your **legs**

Shake, shake, shake your **legs**

Shake your **legs**

Shake, shake, shake your **legs**

And freeze!

Shake, shake, shake your **head**

Shake your **head**

Shake, shake, shake your **head**

Shake your **head**

Shake, shake, shake your

And freeze!

Shake, shake, shake your **whole body**

Shake your **whole body**

Shake, shake, shake your **whole Body**

Shake your **whole body**

Shake, shake, shake your

And freeze!

Stand up Sit down

Stand up, stand up

Sit down, sit down

Stand up, stand up

Turn around, turn around,

Sit down, sit down

Stand up, stand up

Turn around, turn around, turn around

Put one hand up

Put one hand down

Put two hands up

Put two hands down

Sit down, sit down

Stand up, stand up

Turn around, turn around, turn around

Jump jump jump

Hop, hop, hop

Run, run, run,

Stop, stop, stop

Sit down, sit down

Stand up, stand up

Turn around, turn around, turn around