



Down Syndrome Achievement Centers
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LMNOP
Purposeful Programs
Action Words!

Props Needed:

- Bar of soap or hand sanitizer
- two hand towels or wash cloths
- two rattles/maracas/shakers/bells
- two noodles or paper towel rolls

Hello Song:

- It's our time to say hello to everyone and Hello and How are You?

Baby Shark Wash Our Hands:

Oral Motor:

- Sit up tall, Lips-mmm, Kiss, Cheeks-oooh, Sh

Signs of the day:

- walk, run, jump, hop, sing, roll, dance, swim, together, everybody, happy, fast, slow and stop.

Clap, Clap Your Hands:

- Pat your knees, Stomp your feet, blink your eyes, clap your hands

Walking Walking -We walk and we walk and we stop: run, jump, hop, sing, roll, dance, swim

Na, Na, Na I'm So Happy: clap your hands, stomp your feet,

Fast and Slow Swim, clap, twist, tap,

Cloths at the Circle: (Props-Cloths or hand towels)

- Peek-a-boo, up and down, side to side, shake-shake-shake, round and round, squish, squish, squish

Clap, Clap Everyone Clap walk, run, jump, hop, sing, roll, dance, swim

Shake Your Bells

Shake your Sillies out

Walk OI Joe

Bye-Bye Song: It's our time to say good-bye



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Hopping Fast and Slow Song (Sung to Skip To My Lou Tune)

Hop Hop I can hop
Hop Hop I can hop
Hop Hop I can hop
Everybody hop

Swim Swim I can swim
Swim Swim I can swim
Swim Swim I can swim
Everybody swim

Fast fast hopping fast
Fast fast hopping fast
Fast fast hopping fast
Everybody hop fast

Fast fast swimming fast
Fast fast swimming fast
Fast fast swimming fast
Everybody swim fast

Slow Slow hopping slow
Slow Slow hopping slow
Slow Slow hopping slow
Everybody hop slow

Slow slow swimming slow
Slow slow swimming slow
Slow slow swimming slow
Everybody swim

Walk Walk I can walk
Walk Walk I can walk
Walk Walk I can walk
Everybody walk

Fast fast walking fast
Fast fast walking fast
Fast fast walking fast
Everybody walk fast

Slow Slow walking slow
Slow Slow walking slow
Slow Slow walking slow
Everybody walk slow



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Na Na Na I'm So Happy

Na Na Na I'm So Happy, I'm So Happy,
Sing with me.
Na Na Na I'm So Happy, I'm So Happy,
Sing with me

Clap Clap Clap Your Hands
Clap Clap Clap Your Hands

Stomp Stomp Stomp Your Feet
Stomp Stomp Stomp Your Feet

Swing Swing Swing Your Arms
Swing Swing Swing Your Arms

Dance Everybody and Sing with me
Dance Everybody and Sing with me

Na Na Na I'm So Happy, I'm So Happy,
Sing with me.
Na Na I'm So Happy, I'm So Happy,
Sing with me.

Jump, Jump jump around
Jump, Jump jump around
Touch the sky and touch the ground
Touch the sky and touch the ground

Shake Shake Shake your hips
Shake Shake Shake your hips
I know a song and it goes like this
I know a song and it goes like this

Na Na Na I'm So Happy, I'm So Happy,
Sing with me.
Na Na I'm So Happy, I'm So Happy,
Sing with me

Clap Clap Clap Your Hands
Stomp Stomp Stomp 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

Shake Your Sillies Out

We're gonna shake shake shake our sillies out
Shake shake shake our sillies out
Shake shake shake our sillies out
And wiggle our waggles away

We're gonna clap clap clap our crazies out
Clap clap clap our crazies out
Clap clap clap our crazies out
And wiggle our waggles away

We're gonna jump, jump, jump our jiggles out
Jump jump jump our jiggles out

Jump jump jump our jiggles out
And wiggle our waggles away

We're gonna stretch, stretch our stretchies out
Stretch stretch stretch our stretchies out
Stretch stretch stretch our stretchies out
And wiggle our waggles away

We're gonna yawn yawn yawn our yawnies out
Yawn yawn yawn our yawnies out.
Yawn yawn yawn our yawnies out
And wiggle our waggles away



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Clap Clap Clap Your Hands

Clap, clap clap your hands
Clap your hands together
Clap, clap clap your hands
Clap your hands together

Pat, pat pat your knees
Pat your knees together
Pat, pat pat your knees
Pat your knees together

Stomp stomp stomp your feet
Stomp your feet together
Stomp stomp stomp your feet
Stomp your feet together

Blink blink blink your eyes
Blink your eyes together
Blink blink blink your eyes
Blink your eyes together

Wiggle Wiggle Wiggle Your Ears
Wiggle your ears together
Wiggle Wiggle Wiggle Your Ears
Wiggle your ears together

Clap, clap clap your hands
Clap your hands together
Clap, clap clap your hands
Clap your hands together