

JUTRANJE VARSTVO

DOBRO JUTRO, DRAGI NAJINI OTROČIČKI!

Danes je mali petek. Jutri bo že pravi petek! Joj, kako čas hitro teče!

Pokažite roke. Uuuuuu, umit jih bo treba!
Kaj imate pa to v očeh? Zaspančke? Hitro jih spravite ven!
Zobke na plano! Ojoj, tole bo treba zloščiti.
Kakšno frizuro pa imate? Ste pa dobro spali, da ste tako skuštrani.

Telovadimo kot Miki Miška. Pomagajmo mu.

MOUSERCISE

Words and Music by
Beverly Brannan and Denise Melonas

Come on, everybody, and MOUSERCISE.
Let the music move you
Til you're carried away.
Keep your body moving,
Feel your spirits rise.
Do it every night and day.
You can jump, you can shake it,
Anything you make it,
Whatever you feel is right.
Come on, everybody, and MOUSERCISE.
Mickey's MOUSERCISE.

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①

ARMS STRAIGHT OUT,
SMALL CIRCLES FORWARD,
THEN BACKWARD.



②

BACKSTROKE.



③

LEAN FROM
SIDE TO SIDE.



④

LIKE TOE-TOUCHES,
ONLY OUT IN FRONT OF YOU.



⑤

MARCH,
THEN DOUBLE TIME.



⑥

SKIP,
(STEP, HOP, STEP, HOP)



⑦

TOUCH
TOES.

SLAP TUMMY.

REACH BACK.
SLAP TUMMY AGAIN.



⑧

BOUNCE!



⑨

SIT ON FLOOR,
SCOOT ALONG AS
THOUGH PULLING A ROPE.



⑩

ON BACK,
KICK EACH LEG STRAIGHT UP.



⑪

SIT WITH LEGS IN A "V."
TOUCH EACH FOOT.



⑫

SHAKE EACH LEG.
SHAKE ARMS,
NOW HEAD.
NOW EVERYTHING!

Tudi Jakob se nama je oglasil in poslal sliko svojega zajtrka. Mleko s krogci za zajtrk poje skupaj s svojo sestrico Saro. MMMMMMMM, slastno!

DOBER TEK!!!!!!



Mizo moramo počistiti, tako dobro smo jedli, da smo še malo popackali.

Zdaj pa zvezke na mizo. Barvice ošilit, svinčnik ošilit, možgančke namasirat in na reševanje nalog.



TVOJI UČITELJICI

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