# SIMON SEZ

Stand Up, Sit Down Nod your Head
Clap your hands, Stomp your feet, Snap your fingers
Say your name, Say your age, Who is your teacher.
Hop, Hop on one foot, Stand on one foot.
Turn around Jump Twist
Wave your arms, Bend your knees, Plug your ears
Open your ears Close your eyes, Open your eyes
Hands above your head, Hands Down Hand Out
Shake hands with a friend Plug your nose

### **Point:**

Up Down Right Left Forward Back

## Touch your:

Head, Shoulders, Knees, Toes,

Eyes, Nose, Ears, Chin, Mouth

Stomach, back, Legs, Shoes,

Feet, Waist Neck, Hand

Face Hair Finger Throat

## Look:

Look up, Look Down, Look Left Look Right.

#### Move:

Move Right, Move Left, Step forward, Step Backward

#### Turn:

Turn Left, Turn Right, Turn around