Dance for the Sun

Recommended for Grades:

K4 – 5th grade

Practice Description:

This practice helps students warm up their bodies and strengthen all major muscle groups. The flowing movement and breathing are set to Kira Willey's song, "Dance for the Sun". It can be used to develop focus, as an indoor recess or to create a playful sense of community.

Song Lyrics:

sun salutation
dance for the sun
sun salutation
dance for the sun
sun salutation
dance for the sun
I can do it
you can do it
we can do a sun salutation
stretch up high - wave to the sun hang down low - tickle your toes
feet jump back - just like a frog
belly on the ground - just like a snake look toward the sun
now downward dog
and breathe, and breathe
feet jump up - just like a frog
hang down low - tickle your toes stretch up high - wave to the sun mountain pose - look what you've done (repeat)
sun salutation
dance for the sun
sun salutation
dance for the sun
sun salutation
dance for the sun
I can do it
you can do it
we can do a sun salutation

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