

WHAT A FLEXIBLE BODY!

By Mark and Helen Johnson

CHALLENGE

How flexible is your body? Try some splits or different stretching positions. Who is the most flexible person in your family?

Take up the challenge in the song and see if you can *'think of anything else that maybe you could do?'*

TALK ABOUT

Conduct a family survey of individual characteristics. Find out foot sizes, height, eye colour, hair colour, birth months etc. Don't limit it to those in your household – add grandparents, aunts, uncles, cousins...

SHARE IT

This song is written for one person (or group) to sing a verse while the other person (or group) acts out the activities – then swap over as the verse repeats. Give it a go with your family and friends.

DID YOU KNOW?

A mouse can fit through a hole as small as the diameter of a regular ballpoint pen!

“THERE IS NO QUESTION ABOUT IT. YOU ARE TRULY A WONDER.”
Bill Bryson



Song taken from
Songs For EVERY Body
By Mark and Helen Johnson

