

做操

Follow me, please.

This action rhyme is a fun exercise for you and your classmates to do between classes or even during class when you feel a little sleepy. So, get up and stretch!



jǔ qǐ yòu shǒu jǔ qǐ zuǒ shǒu
举起右手。举起左手。

pāi pāi shuāng shǒu fàng xià shǒu
拍拍双手。放下手。

shēn chū yòu shǒu pāi pāi zuǒ jiān
伸出右手，拍拍左肩。

shēn chū zuǒ shǒu pāi pāi yòu jiān
伸出左手，拍拍右肩。

duò duò yòu jiǎo duò duò zuǒ jiǎo
跺跺右脚。跺跺左脚。

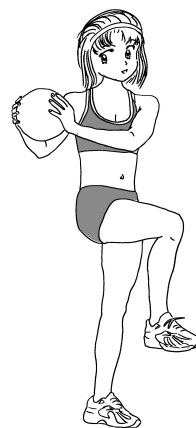
yī èr sān sì bèng bèng tiào tiào
一二三四，蹦蹦跳跳。

wān xià shēn zi mō mō jiǎo zhǐ
弯下身子，摸摸脚趾。

zhí qǐ shēn lái yáo yáo nǎo dai
直起身来，摇摇脑袋。

wǎng qián zǒu zǒu wǎng hòu tuì tuì
往前走走，往后退退。

Lǎo shī xué shēng qǐng huí zuò wèi
老师学生，请回座位。



Key words

1	举起	jǔqǐ	to lift; to raise up
2	双	shuāng	pair; two; double
3	放下	fàngxia	to put down
4	伸出	shēnchū	to stretch; to extend
5	肩	jiān	shoulder
6	踩	duò	to stamp one's feet
7	脚	jiǎo	foot; feet
8	蹦	bèng	to hop
9	跳	tiào	to jump
10	弯下	wānxià	to bend down
11	身子	shēnzi	body
12	摸	mō	to touch
13	脚趾	jiǎozhǐ	toe
14	直	zhí	to straighten; straight
15	摇	yáo	to shake; to rock; to row
16	脑袋	nǎodai	head
17	往	wǎng	towards
18	退	tuì	to go back; to retreat
19	座位	zuòwèi	seat