



## Going to the Beach

1. We are going to put on our lotion; rub our arms, run the other arm, rub our legs, rub our tummies, rub our back, rub our shoulders.
2. We are going to put our towel out – throw it out, throw it out.
3. Now we're ready for a swim, swim forwards, swim backwards, swim butterfly.
4. Shake ourselves and rub our selves dry.
5. Put our towels down again – throw our towel out, throw our towel out.
6. Now put your hat on
7. Now rest