

MITTENS UP, MITTENS DOWN

KidsSoup, Inc.

Mittens up, mittens down,

(raise hands up, then lower them)

wave your hands all around!

(move hands in a circle)

Mittens front, mittens back,

(reach hands forward, then pull them back)

clap them gently — clap, clap, clap!

(clap three times)

Rub them fast, rub them slow,

(rub hands together fast, then slow)

warm your hands — feel them glow!

(hold hands together and smile)

Mittens high, mittens low,

(move hands up high, then down low)

spin around and off we go!

(turn around once)

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