**Recommended Movement/Action Songs on YouTube**

There are so many action songs/videos that are available and easily accessible. What to choose? The process can be overwhelming. Some songs have a very fast beat, some prompt the actions to be completed very quickly, and some require several actions to be completed in sequence or at the same time. Young children can find these types of songs too challenging to follow along. Some songs have movements that are quick and arrhythmical; these tend to alert a child’s nervous system and energize/elevate.

Songs that have a slower pace, allow time between actions, change speeds and/or incorporate freeze or stop actions (self-control), or that include repeat verses are well suited to children of preschool and Kindergarten age. These songs are great to incorporate into your daily routine for exercise (particularly if it is too cold or miserable to go outside) and/or as movement breaks between activities. I hope you and your child will enjoy moving to these songs together!

**NOTE: I encourage you to follow these songs with a heavy work activity to facilitate calm and organization, before moving onto the next activity. Try an animal walk, wheelbarrow walk, yoga pose, wall push, or deep breathing exercise.**

From The Learning Station:

* Shiny Clean Dance <https://www.youtube.com/watch?v=pNUYlYfqZA0>
* The Penguin Song <https://www.youtube.com/watch?v=dnZ7l7kGcm4>
* Doctor Knickerbocker <https://www.youtube.com/watch?v=5L40pXuNawY>
* Move With Me <https://www.youtube.com/watch?v=JoF_d5sgGgc>
* Snow Man Freeze Song <https://www.youtube.com/watch?v=C0tVmABwMPs>
* Get Funky <https://www.youtube.com/watch?v=w6YbSxMhsQ0>
* Go Bananas <https://www.youtube.com/watch?v=bfhzSNW0NmE>
* Icky Sticky Bubble Gum <https://www.youtube.com/watch?v=4sdj4KdpSIg>
* Body Boogie <https://www.youtube.com/watch?v=DpYRDrQSIG4>
* Run and Walk <https://www.youtube.com/watch?v=j7qdWyHMjwE>
* Button Factory <https://www.youtube.com/watch?v=ZeKLYD2-VeE>
* Ain’t It Great To Be Crazy <https://www.youtube.com/watch?v=Zprt-XTa1So&list=PLtVMs6v6Q1GYnJA8kGD0RVnF9uvfgvfGW>
* Move and Freeze <https://www.youtube.com/watch?v=388Q44ReOWE>
* A Root Chy Cha <https://www.youtube.com/watch?v=SALCPlmRUeo>

From Patty Shukla:

* Jump! Children’s Song <https://www.youtube.com/watch?v=kcQJDpj5TSY>
* Stand Up, Sit Down <https://www.youtube.com/watch?v=t9WAGkQUUL0>
* Hand Jive <https://www.youtube.com/watch?v=aHNeWSoLQZA>
* Stop! <https://www.youtube.com/watch?v=Og4n0Zv6YB8&t=168s>
* Follow Me <https://www.youtube.com/watch?v=Jd7p857oiVk>
* Shake and Move <https://www.youtube.com/watch?v=I5RUzkySseE>
* I Can Do It <https://www.youtube.com/watch?v=V4HFZxPbHx0>
* Feelings <https://www.youtube.com/watch?v=utZr0dPu5sk>

From Koo Koo Kangaroo:

* Dinosaur Stomp <https://www.youtube.com/watch?v=Imhi98dHa5w>
* Pop See Ko <https://www.youtube.com/watch?v=LMxtwzroMTQ&list=PLn-XeRrRBdWGszqvStwiZNaW2sngAYQ4j>
* Milkshake <https://www.youtube.com/watch?v=dNL6RwymoNg&t=51s>
* Superheroes Unite <https://www.youtube.com/watch?v=ok7V1pWtRzs>
* Roller Coaster <https://www.youtube.com/watch?v=GSDxhF6GIUU>
* I Like Pancakes <https://www.youtube.com/watch?v=vPccTY3sph4>
* Wiggle It <https://www.youtube.com/watch?v=dh-9k8XfLzY>
* Shake Yo Foot <https://www.youtube.com/watch?v=59_j0CjY75U>
* I Get Loose <https://www.youtube.com/watch?v=if8qfVjVFc8>
* Get Yo Body Moving <https://www.youtube.com/watch?v=fpD9kRyBn8o>

Miscellanous:

* Listen and Move <https://www.youtube.com/watch?v=j24_xH5uvdA&list=RDj24_xH5uvdA&index=1>
* If You’re A Kid <https://www.youtube.com/watch?v=Qr9ge4XGUYs&list=PLApR1q7CXUdLqrA9Oy5qEJps3fDy5ebw7>
* Freeze Dance <https://www.youtube.com/watch?v=2UcZWXvgMZE>
* Walking Walking Hop Hop Hop <https://www.youtube.com/watch?v=r6cJB7k6eEk>
* Shake Break <https://www.youtube.com/watch?v=zl5QodAFuVk>