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## Two Movement Imaginations

~ Betty Jones

### *Fisherman*

*Begin by standing in a circle*

Heave-ho! Your nets to throw;  
Fishermen, what will you catch?  
Waves will roll, winds will call,  
Fisherman, you've met your match!  
Pull-tug, your nets like a rug,  
Fisherman, make your wish.  
Slip, slide, what can be inside?  
Fisherman, you've caught a lot of fish!

*Twist, fling arms out; twist back, fling arms in*  
*Pull nets in hand-over-hand*  
*Make rolling arm movements toward inner circle*  
*Make larger rolling arm movements*  
*Pull on nets hard toward self*  
*Make prayer gesture at heart level*  
*Slide feet sideways; peer toward center*  
*Pretend to hold slippery fish; dance for joy*

### *Creature Features*

Slinking, creeping, Kitty-cat sly,  
Watches the birds go fluttering by,  
To pounce and catch one Kitty will try!  
Hoppity-poppity from his hole in the ground,  
Bunny jumps and leaps without a sound,  
Until he stops to nibble greens he's found.  
Slowly, carefully trods the tortoise old,  
Carrying his house on his back so bold,  
It guards him from harsh sun and cold.

*Standing in a circle, children imitate a slinking and pouncing kitty-cat; pop up from crouched position and hop as a bunny, then stop to "nibble"; lastly, put arms behind back and stoop over while moving slowly as a tortoise.*

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