

# Rhythm and Rhyme Challenge

## One Finger, One Thumb

One finger, one thumb, keep moving  
One finger, one thumb, keep moving  
One finger, one thumb, keep moving  
We'll all be merry and bright



One finger, one thumb, one arm, keep moving  
One finger, one thumb, one arm, keep moving  
One finger, one thumb, one arm, keep moving  
We'll all be merry and bright



One finger, one thumb, one arm, one leg, keep moving  
One finger, one thumb, one arm, one leg, keep moving  
One finger, one thumb, one arm, one leg, keep moving  
We'll all be merry and bright



One finger, one thumb, one arm, one leg,  
one nod of the head, keep moving  
One finger, one thumb, one arm, one leg,  
one nod of the head, keep moving  
One finger, one thumb, one arm, one leg,  
one nod of the head, keep moving  
We'll all be merry and bright



One finger, one thumb, one arm, one leg,  
one nod of the head, sit down, stand up, keep moving  
One finger, one thumb, one arm, one leg,  
one nod of the head, sit down, stand up, keep moving  
One finger, one thumb, one arm, one leg,  
one nod of the head, sit down, stand up, keep moving  
We'll all be merry and bright



Now why don't you try  
**My Body**  
by Rebecca Jones

