

- 1  Go to the channel 前往頻道 'Jingle Jungle Education'
- 2  Watch the video 收看影片 'Hokey Pokey'
- 3  Fill in the blanks to complete the lyric 填寫空格以完成歌詞
- 4  Colour the illustrations 將圖案填上顏色

# 🎵 Hokey Pokey



*You put your right hand in,  
 You put your right hand \_\_\_\_\_,  
 You put your right hand in,  
 And you shake it all \_\_\_\_\_,  
 You do the hokey pokey  
 And you turn yourself \_\_\_\_\_  
 That's what it's all about.*



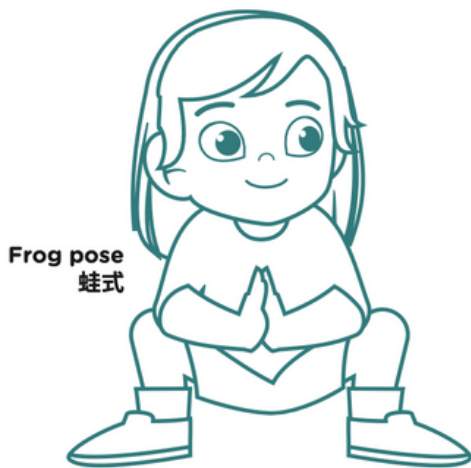
*You put your left foot in,  
 You put your left foot out,  
 You put your left foot in,  
 And you shake it all about,  
 You do the hokey pokey,  
 And you turn yourself around  
 That's what it's all about.*



*You put your whole self in,  
 You put your whole self out,  
 You put your whole self in,  
 And you shake it all about,  
 You do the hokey pokey  
 And you turn yourself around  
 That's what it's all about.*

# Stretch, Stretch, Stretch

張開、伸展、拉筋



Frog pose  
蛙式



Butterfly pose  
蝴蝶式



Seed pose  
種子式



Tree pose  
樹式



**Photo Challenge!**  
照片挑戰

Try to take photos of yourself doing these four stretch poses  
試做4個伸展動作，並拍攝自己的姿態

Send us the video for rewards!  
把照片傳送給我們，以獲得嘉許獎勵!



Submit Photo Challenge 提交照片挑戰  
 Google Form 表格  
 (852) 61864235