

12 Days of Whoville

Grades: K-5 [[YouTube](#)]

EQUIPMENT

- 12 Days of Christmas Song

SET-UP

- Use the 12 Days of Whoville Lyrics and Script (*Page 2 of this document*).

OBJECTIVE

- To move through the actions for each of the 12 Days of Whoville

DESCRIPTION

- The Grinch isn't going to take the joy of the season away this class! We are going to use our bodies to act out different movements for the 12 Days of Whoville.
- When the music begins, follow along!

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12 Days of Whoville

On the 1st day in Whoville the Grinch gave to me – **A heart As big as a Tree**
(move your arms in the shape of a heart up and above head and down to waist)

On the 2nd day in Whoville the Grinch gave to me – **2 Max pushups**
(Do 2 pushups and then quickly get back up OR if no space to do pushup - pump arms twice up in the air)

On the 3rd day in Whoville the Grinch gave to me – **3 Ringing Bells**
(An arm action of ringing hand bells)

On the 4th day in Whoville the Grinch gave to me – **4 Stuffed Stockings**
(pretend to put socks on each foot)

On the 5th day in Whoville the Grinch gave to me – **5 Roast Beasts**
(sing loud, stretch out arms and on the word “Beasts” beat your chest repeatedly like Tarzan)

On the 6th day in Whoville the Grinch gave to me – **6 Cindy Lou Whos**
(make pretend ringlets in your hair from your ears to the length of your arms)

On the 7th day in Whoville the Grinch gave to me – **7 Who’s a Singin**
(sway arms held out to your side)

On the 8th day in Whoville the Grinch gave to me – **8 Noisy Toys**
(Clap your hands, stomp your feet to make as much noise as possible as you sing)

On the 9th day in Whoville the Grinch gave to me – **9 Christmas Puddings**
(using hands, pretend to be eating pudding)

On the 10th day in Whoville the Grinch gave to me – **10 Tinsels Trimming**
(Using arms, hands, fingers- make waves in front of body to signify what tinsel hanging would look like)

On the 11th day in Whoville the Grinch gave to me – **11 Pairs of Shoes that fit**
(say the words fast to fit with tune and click your heels together to beat)

On the 12th day in Whoville the Grinch gave to me – **12 More Whos a Singin**
(same as action #7)