



# Oliver Twist

With this one, the fun's in trying to keep up with the words and movements.

## GRADE LEVEL

K-3

## SKILLS PRACTICED

Focusing, listening, self-control

## MATERIALS NEEDED

None

## WORDS AND ACTIONS

Begin by chanting slowly together. Once the students know the words and motions, repeat again and again, each time getting faster and faster.

*Oliver Twist, Twist, Twist*

Put hands on hips and twist from side to side

*Can't do this, this, this*

Tap right foot and shake pointer finger of right hand

*Touch his head, head, head*

Touch head with hands

*Touch his nose, nose, nose*

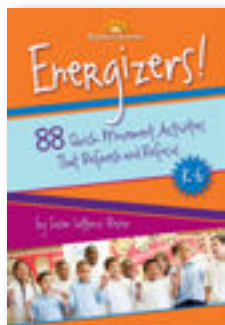
Touch nose with hands

*Touch his ears, ears, ears*

Touch ears with hands

*Touch his toes, toes, toes*

Touch toes with hands



## 88 MORE ENERGIZERS!

For a complete list of energizers, including tips and handouts, check out [Energizers K-6: 88 Quick Movement Activities that Refresh and Refocus](#).