

Simon Says Movement – Grades Pre-K-3

The teacher or lead will act as “Simon”, and will command the participants to execute the movements just like in the traditional Simon Says game but instead, using dance moves.

Below you will find a list of dance moves that can be called out. Feel free to add to this list or come up with your own list of movements.

Be sure that you have enough space to execute the moves and to try the movements in different areas of the space.

Simons says.....

- Roll your fists
- Step and kick your leg (right & left)
- Sway your arms side to side
- Jump
- Squat
- Twirl
- Reach in front of you
- Bend over & touch your toes
- Bend side to side



Simons says.....

- Clap your hands
- Stomp your feet
- Clap your hands & stomp your feet
- Wave your arms over your head
- Do the wave
- Slide to the Left or Right
- Lift your knees
- Tap your toes
- Walk on your tippy toes