

## Objective 5

### Demonstrates balancing skills

Related Objectives: 4, 11a, 34

## What You Do

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**1. Sing “The Farmer in the Dell” as you demonstrate the movements and encourage children to copy them.**

The farmer in the dell [*March in place.*]

The farmer in the dell [*Pat your knees.*]

Hi-ho, the derry-o [*Swing your arms.*]

The farmer in the dell [*Jump forward.*]

**2. Introduce new movements for additional verses, e.g., turn around, reach up high, reach down low, tap your toes.**

**3. Hold infants in your lap as you sing. While seated, make marching movements with your legs. As you sing the last line, bounce the infant gently in your lap.**

- **Ask toddlers and 2-year-olds to share their ideas about ways to move as you sing the song.**