

MANOS Y BRAZOS

HANDS AND ARMS

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The English translation of the following lyrics is offered as a guide for non-Spanish speakers. The song is not intended to be sung/performed in English.



MANOS Y BRAZOS HANDS AND ARMS



Use this song to:

- Add movement to the class
- Introduce body parts vocabulary, direction words, prepositions, and verbs.
- To start the class with high energy. Or to transition from a long period of being seated.

Manos - hands
Brazos- arms
Piernas- legs
Cabeza- head
Cadera- hip

Arriba- up
Abajo- down
Derecha- right
Izquierda- left
Adelante- forward
Atrás- backward

VERBS

Saltar- to jump
Girar- to turn around
Aplaudir- to clap

PREPOSITIONS

Salta- jump
Gira- turn
Aplaude -clap

Ask the children
about more
movements they
can add to this song



STOP
Deja de / Para
Deja de saltar / Para de saltar

Baila- dance
Corre- run
Marcha- march

MANOS Y BRAZOS / HANDS AND ARMS

Manos y brazos,
Hands and arms,
piernas también,
legs too
cabeza, cadera
head, hip
vamos a mover
we're going to move

Wave your hands, extend your arms, and finally touch your left forearm and then right forearm. Tap your legs (or move them). Touch your head. Put your hands on your hips and move them like you're dancing side to side.

Las manos para arriba, las manos para abajo
Hands up, hands down
Un salto a la derecha, un salto a la izquierda
A jump to the right, a jump to the left
Un paso hacia adelante y un paso hacia atrás (2)
A step forward, a step backward

Wave your hands up, then all the way down. Indicate the right and jump. Then the left and jump. Give a big step forward and then backward.

Salta, salta, salta,
Jump, jump, jump
Deja de saltar
Stop jumping

Jump and stop when you hear the word DEJA, and the music stops.

Gira, gira, gira
Turn around, turn around, turn around
Deja de girar
Stop turning around

Turn around and stop when you hear the word DEJA, and the music stops.

Aplauda, aplauda, aplauda
Clap, clap, clap
Deja de aplaudir
Stop clapping

Clap and stop when you hear the word DEJA, and the music stops.

MANOS Y BRAZOS / HANDS AND ARMS

Manos y brazos,
Hands and arms,
piernas también,
legs too
cabeza, cadera
head, hip

vamos a mover
we're going to move



Vamos – First person plural

Las manos **para** arriba, las manos **para** abajo
Hands up, hands down

Un salto **a** la derecha, un salto **a** la izquierda
A jump to the right, a jump to the left

Un paso **hacia** adelante y un paso **hacia** atrás (2)
A step forward, a step backward



"Para", "a", and "hacia" are direction words (Prepositions) that you can use with any of the actions described. You would hear these words frequently in a variety of contexts. There is no single meaning in English for any of them.

Salta, salta, salta,
Jump, jump, jump
Deja de saltar
Stop jumping



Salta – Imperative tense. Command (You / Tú)
Salte – Imperative tense. Formal (You / Usted)

Gira, gira, gira
Turn around, turn around, turn around
Deja de girar
Stop turning around



Gira– Imperative tense. Command (You / Tú)
Gire– Imperative tense. Formal (You / Usted)

Aplauda, aplauda, aplauda
Clap, clap, clap
Deja de aplaudir
Stop clapping



Aplauda– Imperative tense. Command (You / Tú)
Aplauda– Imperative tense. Formal (You / Usted)

I hope this printables and suggested activites were useful for you. Please let me know if I can help improve your experience in any way!

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