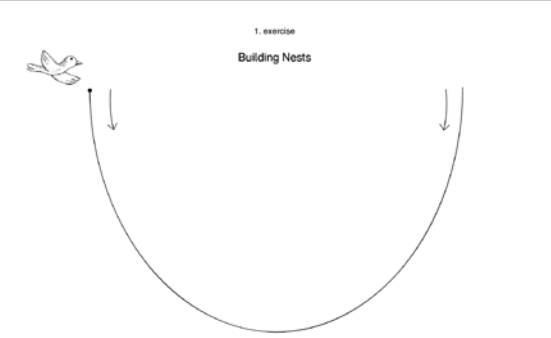


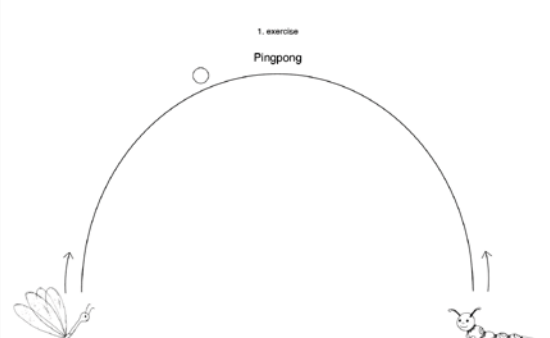
Swinging Exercises – Page Overview

1. exercise
Building Nests



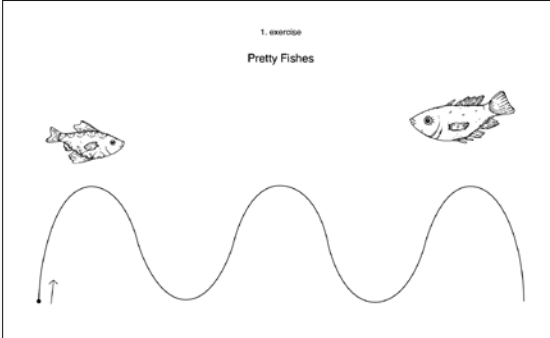
See the nightingale and sparrow, how they build their nests so narrow – build their nests and build their nests until they're nice and warm.

1. exercise
Pingpong



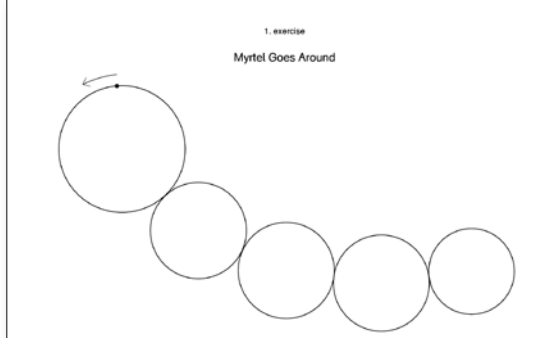
Today the owl is late, so Myrtel has to wait – she plays with Lilly – ping – pong.

1. exercise
Pretty Fishes



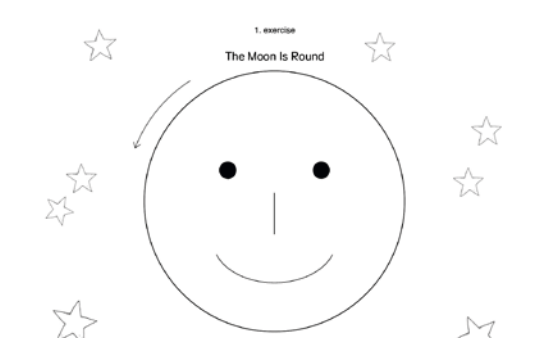
See the pretty little fishes swimming in the deep blue water, playing all together happily.

1. exercise
Myrtel Goes Around



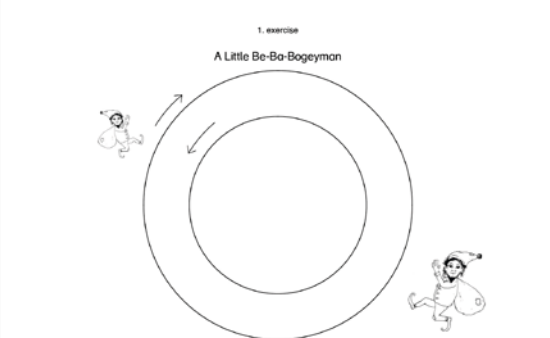
Caterpillar Myrtel goes around in circles – round and round.

1. exercise
The Moon is Round



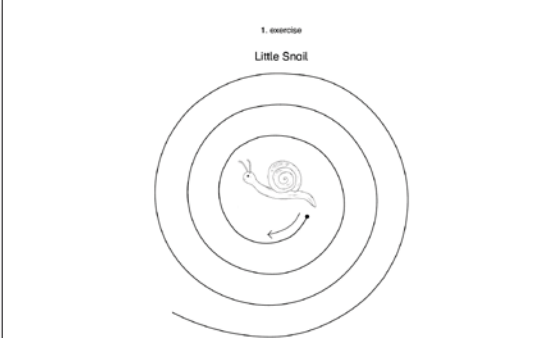
The moon is round, the moon is close, has got two eyes, a mouth, and nose.

1. exercise
A Little Be-Bo-Bogeyman



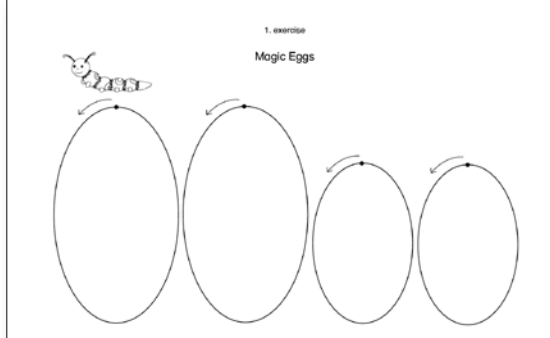
A little be-bo-bogeyman is dancing all around, all around.

1. exercise
Little Snail



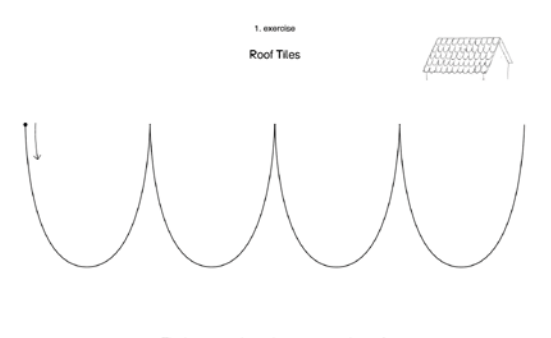
Little snail, come out, come out, come out of your cosy house.

1. exercise
Magic Eggs



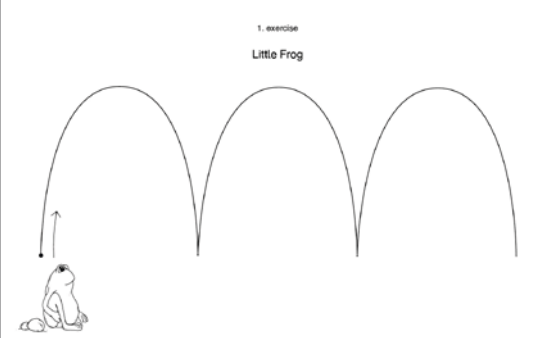
One magic egg so big – a treasure or a trick?
One magic egg so small – a secret for us all.

1. exercise
Roof Tiles



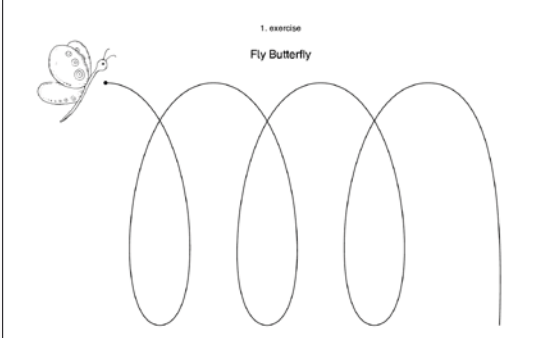
The house nearly ready – is missing the roof. Let's put on the tiles so that it's waterproof.

1. exercise
Little Frog



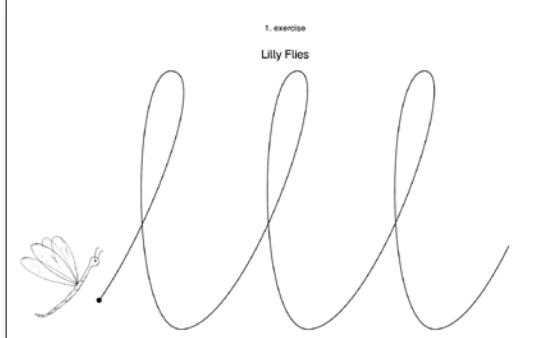
Little frog jumps into the pond over a leaf and then beyond – jump, jump, jump ...
Baby frog shouts: "Oh yes, me too! But I can't jump as far as you." – jump, jump, jump ...

1. exercise
Fly Butterfly



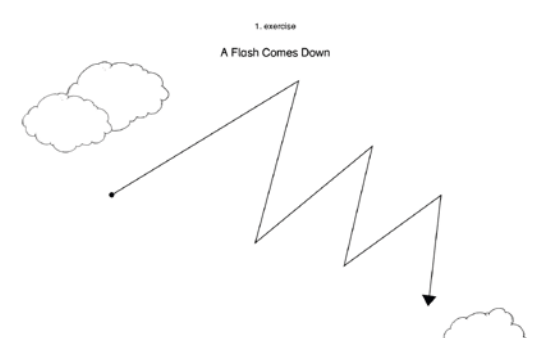
Fly, butterfly, fly up high, fly until you reach the sky – then flutter down to a meadow and have a rest on a flower.

1. exercise
Lilly Flies



Lilly flies and flies around – from above down to the ground – she flies circles in the sun – flying is a lot of fun.

1. exercise
A Flash Comes Down



A flash comes down – zigzag – you think it's just a gag – but some time you will see it strike a great big tree.

