

## CRISS CROSS APPLESAUCE

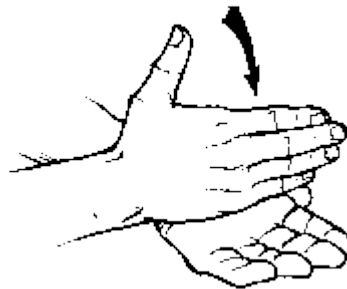
Criss Cross Applesauce is a style of sitting, also known as “tailor fashion” or “Indian style.” This cross-legged position involves both feet bent inwards, crossing each other at the ankle, with both ankles on the floor. To encourage children to sit this way, I tell them to put their legs straight out in front of them, put one leg on top of the other (crossing the ankles), grab their knees and move them toward their body (this will automatically bend the knees).

With children chant the following phrase—

Criss-cross apple-sauce	<i>Slap thighs with hands on each syllable</i>
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Pep-per-oni piz-za!	<i>Sign language for “stop”</i>

The sign for "stop" is made by extending your left hand, palm upward.

Sharply bring your open right hand down to your left hand at a right angle.



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