

Stretchy Band Fun by Carole Stephens ©2019

I wrote this for use with the Stretchy Band. Sit in a circle to start. Follow the instructions in the song – let's get physical!

I raise the band up high, and sway it side to side
I bring the band back down, and tap it on my legs.

(repeat)

Now hook it on your feet, and carefully lay back
Then raise your legs together, until they're straight and tall.
DEEP BREATH!

Legs slowly to the floor, then sit up with legs long
Reach for the band with both hands –

And then repeat the song!

At the end of the second time through, put one hand in the air, the let it go – BOING!