

## **UP AND DOWN!** By Carole Stephens ©2015

*I use a Stretchy Band from Bear Paw Creek\*\* for this song, though it can easily be enjoyed using your hands, a scarf or streamer!*

Up, up, up! Down, down, down!

Up, up, up! Down, down, down!

'Round and around! 'Round and around!

'Round and around! 'Round and around!

Side, side, side, side, side, side, side, Rest!

*Once children have learned the song, they can add their own things that go up, down, around and from side-to-side. Here we used balloons, rain, wheels and zigzags! You may wish to stop the recording to give yourself enough time to think.*