

Around and Around and STOP! by Susan Salidor* ©2016

*I've adapted Susan's great song for use with the Stretchy Band**, but you can easily do it without! Sit in a circle to start.*

Around and around and around and around
And around and around and stop!
Around and around and around and around
And around and around and stop!
Now up and down and up and down
And up and down and stop!
And down and up and down and up
And down and up and stop!
Lean back, lean back, lean back and rest!
Pull up, pull up, pull up, and stop!

If you see * with a song or author, that means that I learned it through The Children's Music Network. I have been a member for almost 20 years and owe this organization so much for the songs that have been shared and the friendships made. Check us out at CMNOnline.org.