

## **MOVING COLOURS**

1. Yellow step and turn around (*do the action to the repeat music*)  
Green bend down and touch the ground (*action*)  
Blue start walking on the spot (*action*)  
Hands up, Red and make them stop! (*action*)

### **CHORUS:**

**Everybody reach up high -**

**You can do it if you try**

**Everybody walk around**

**Everybody - quick! Sit down**

2. Yellow reach out, touch your nose  
Green bend down and touch your toes  
Blue get up, jump on the spot  
Hands up, Red and make them stop!

### **CHORUS**

3. Yellow steady - nod your head  
Green get ready - sway instead  
Blue get down, twist on the spot  
Hands up, Red and make them stop!

### **CHORUS**

4. Yellow get up on your toes  
Green, let's wriggle way down low  
Blue start marching on the spot  
Hands up, Red and make them stop!

### **CHORUS**



- *This is another energetic song that provides physical exercise and socialisation as the children work in groups.*
- *The formation of colour teams challenges children to listen carefully: to not only recognise their particular colour but to follow the changing directions.*
- *The catchiness of the song will also encourage a natural movement to the beat, again leading to a simple dance activity.*