

SONG



# THIS IS THE WAY WE...

This is the way we jump up and down,  
jump up and down, jump up and down,  
This is the way we jump up and down,  
On a cold and frosty morning

This is the way we run about,  
run about, run about,  
This is the way we run about,  
On a cold and frosty morning

This is the way we wave our arms,  
wave our arms, wave our arms,  
This is the way we wave our arms,  
On a cold and frosty morning

Insert any other actions – stomp our feet, bend our knees etc. You could even do everyday activities such as 'brush our hair' or 'clean our teeth' and mime these actions

## ACTIVITY

# STOP GO GAME

Choose an action from your song and ask everybody to start doing it. When you shout 'stop,' they must all stop, until you say 'go' again. Repeat this a number of times. This activity is great fun and will also help children learn to listen, even when they are busy with an action or activity.

To vary the game, use another noise to mean stop or go e.g. a shaker or a drum. Other children could also have a chance to be the 'leader' and call 'stop' or 'go'.

